

World Mental Health Day is observed on October 10th each year to raise awareness of mental health issues around the world. The World Health Organization states that “the overall objective is raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide”.

While having a day or a week or even a month designated to Mental Health awareness is great, we can't stop there on raising awareness about mental health issues and advocating for services.

Educating the community on mental health should be a daily occurrence to eliminate stigma and to build coalitions. Talking with elected officials at the local, state and federal level should be on-going about the need for broad availability of mental health services.

Let's join together to educate, advocate and support persons with mental illness and their families.

- *Lisa Heddens*
NAMI CI Executive Director



Educational Movie Showing

October 18, 6:30 pm, Ames Public Library

We will be screening *Infinitely Polar Bear*, starring Mark Ruffalo and Zoe Saldana. A father with manic-depression tries to win back his wife by attempting to take full responsibility of their two young, spirited daughters, who don't make the overwhelming task any easier.

Free Services Offered by NAMI Central Iowa

DAILY

Support and activities for persons with mental illness at the Mental Health Wellness Center, Monday to Friday, 1-4PM

WEEKLY

NAMI Connection support group for persons with mental illness

Thursday 2-3:30PM Wellness Center

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health 3rd Tuesday of the month at 7:00PM (location varies, see events page online)

Support group for family members 4th Thursday of the month at 7:00PM

YEARLY

Educational classes offered for persons with mental illness and family members

- Family to Family for family members of adults with mental illness
- Peer-to-Peer for adults with mental illness
- Basics for parents and caregivers of children and adolescents with serious mental or emotional disorders

All activities and the office are located at 416 Douglas Avenue, Suites 203/205 in Ames, Iowa

Have questions or need help?
Call or email the office at
(515) 292-9400
namiofci@gmail.com
namiofci.org

Mental Illness Awareness Week

During Mental Illness Awareness Week on Oct. 2-8, join NAMI in shining a light on mental illness and replacing stigma with hope by taking the #StigmaFree pledge at www.nami.org/stigmfree.

To help spread the word, NAMI's #MIAW pages provide a variety of resources to download, such as flyers, posters and social media graphics. Our resource toolkit contains press releases and other templates to customize within your communities.

If you or someone you know may need a mental health assessment, anonymous online tools are available. For National Depression Screening Day on Oct. 6, you can get a free mental health screening at HelpYourselfHelpOthers.org.



We would like to express our sincerest gratitude to everyone who helped make our annual garage sale fundraiser such a success. Thank you to **Collegiate Methodist Church** for providing the space and to the **Ames Tribune** for raising awareness about the event.

We raised \$1,155 with this year's annual garage sale!

NAMI CI would also like to thank the following persons and volunteers who helped make this a success!



Congratulations to these NAMI CI Award Winners



- ❖ Stick Your Neck Out - Hannah Nehring
- ❖ Volunteer of the Year - Melonie Stall
- ❖ Organization of the Year - Ames PD & Julie Saxton



Healthiest Ames

Open Streets, Sunday Oct. 2 from 1-4 pm, Main Street in Ames, IA

Come visit Open Streets to enjoy an afternoon filled with free, fun activities for all ages! Activities include yoga, Zumba, rock climbing, bungee trampoline, and much more!

Awards and raffle items provided to children in the Ames elementary school district who participated in the mileage club and completed running and walking 25+ miles!

Check out the Healthiest Ames at <http://www.healthiestames.org/> for more information!



Iowa State University

Even in the heat of summer, Hannah Nehring, President of NAMI on Campus and NAMI CI Board Member, has been hard at work to prepare for another successful year for the NAMI on Campus club. NAMI on Campus is advised by NAMI CI Board Member Stacy Renfro.

The September meeting placed a call for committee members. The committees are a way to get more individuals involved with the organization and generate more ideas for NAMI on Campus.

The current committees are:

- Programs Committee - Plan events, contact speakers, etc
- Public Outreach Committee - Plan outreach events, prepare presentation materials, etc
- Fundraising Committee - plan and execute fundraising events
- Social Media Committee - maintain NAMI On Campus social media accounts, etc

NAMI on Campus is open to all ISU students. For further information and to express interest in the available committees, contact Hannah Nehring at isunamioncampus@gmail.com



Let others know that there is hope and understanding. You can change the way the world sees mental health individuals, companies, organizations and others can all take the pledge to learn more about mental illness, to see a person for who they are and take action on mental health issues.

Take the pledge and raise awareness. You can pledge here:

<http://www.nami.org/stigmfree#pledge>

The logo for Stigmafree features the word "stigmafree" in a lowercase, sans-serif font. The word "stigma" is in white, and "free" is in a light green color. A horizontal green bar is positioned behind the letters "i" and "g" in "stigma".



NAMI Central Iowa
 416 Douglas Ave Suite 203
 Ames, Iowa 50010

Change Service Requested

October 2016 Newsletter

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). NAMI-CI is dedicated to improving the lives of individuals and families affected by mental illness. Our mission is to provide them with [support](#), [education](#), and [advocacy](#).

NAMI-CI is a [United Way](#) partner agency and is an affiliate of [NAMI Iowa](#) and of NAMI, the [National Alliance on Mental Illness](#).



To make changes to your contact information, to receive your newsletter by email, or if you no longer wish to receive the NAMI-CI newsletter, email or phone the NAMI-CI office at namiofci@gmail.com or 515-292-9400.

Becoming a member of NAMI-CI is easy. Just complete this form and mail with appropriate dues to:

NAMI-CI
 416 Douglas Ave Suite 203
 Ames, IA 50010

Membership Dues

____ Family/Individual	\$ 35.00*
____ Limited Income	\$ 3.00
____ Extra donation	\$ _____

*Includes \$15 Local/\$10 State/\$10 National

Member Information

Name _____

Address _____

Phone _____

Email _____

____ Check here to receive newsletter by email

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1-2 Current Events 2-3 Media Discussion	4 1-4 Writing	5 1-2 Terri shares some of her story 2-4 Board Games	6 2-3:30 Connections	7 1-3 Art with Wendie	8
9 Columbus Day	10	11 1-4 Writing	12 1-2 Yoga with Marie	13 2-3:30 Connections	14 Pot Luck and Birthdays!!!!	15
16	17 1-3 Macramé with Glenn	18 1-4 Writing	19 1-3 WRAP Continues	20 2-3:30 Connections	21 2-3:30 Movie Day	22
23 1-3 Work on your BINGO card	24	25 1-4 Writing	26 1-3 exercise with Sarah	27 2-3:30 Connections	28 1-3 Writing your own story	29
30 Halloween/Best dressed wins!!!	31			<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>		

EVENTS