

## FROM THE EXECUTIVE DIRECTOR

The November 6th election is six weeks away. Do you know who is on the ballot? Do you know where the candidates stand on mental health? The time to do your research and talk to candidates is now!

Elected officials make decisions that affect how, when and where you can get the mental health services and supports you need.

Sharing your story, will help them understand how mental health services are impacting you or your family.

Tell them what you'd like to see them do once elected. From your experience, share with them what needs to change. Whether it's increased funding, more flexibility, development of a new services, etc.

Call them. Meet with them, Once they are elected, keep the issue in front of them. They will be dealing with a lot of important issues, remind them that mental health is just as important.

*Lisa Heddens*

NAMI CI Executive Director

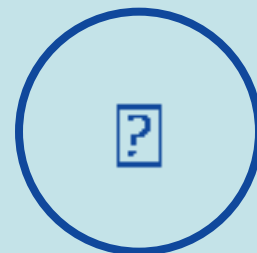


## NAMI CI PUBLIC EDUCATION PROGRAMS

- ◆ **October 16th**—7:00pm—Crisis Services & Transitional Living—  
Presenter, Christie Krause— MGMC . Ames Public Library, PEO room.
- ◆ **November 13th**— Movie and discussion. 6:30pm Ames Public Library
- ◆ **December 18th**—Arts in Recovery. 7:00pm NAMICI Wellness Center



**Support**



**Educate**



**Advocate**

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### SPECIAL POINTS OF INTEREST

- Find your local polling location.

#### Story County-

<http://www.storycountyiowa.gov/1025/General-Election-11618>

#### Iowa Secretary of State Office

<https://sos.iowa.gov/elections/voterreg/pollingplace/search.aspx>

# NAMI on Campus

NAMI on Campus is a recognized club dedicated to addressing mental health issues at Iowa State University by providing resources to students, educating the campus community, and raising mental health awareness.

Monthly meetings are held in Heady Hall—room 01600 at 7:00pm. Fall semester meeting dates and topics include:

- ◆ October 9th—Kystina Engle—Crisis Mobilization
- ◆ November 13th - Therapy Dogs
- ◆ November 29th—Stress Relief; Arts & Crafts

Other Activities:

- ◆ October 21st—Homecoming Parade
- ◆ October 26th—Bandana Project; 11:00am-1:00pm Free Speech Zone

Contact NAMI on Campus at: [isunamioncampus@gmail.com](mailto:isunamioncampus@gmail.com) for more information.

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*You are allowed to be both a Masterpiece and a Work in Progress simultaneously.*

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## JOIN ONE OF OUR NAMI FAMILY SUPPORT GROUPS!

NAMI Family Support Group is a peer-led group for adult family members, caregivers, and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

### Ames

**Where:** NAMI CI  
Wellness Center  
416 Douglas Ave Ste 205  
Ames, IA 50010  
515-292-9400  
[namiofci@gmail.com](mailto:namiofci@gmail.com)

**Time:** 7:00 pm

**When:** 4th Thursday of each month

### Iowa Falls

**Where:** Friendship Club  
602 S Oak St  
Iowa Falls, IA 50126  
641-939-8167  
Ask for Mary or Linn

**Time:** 6:30-8 pm

**When:** 3rd Tuesday of each month

### Newton

**Where:** St. Luke United Methodist Church  
501 E 19th St N  
Newton, IA 50208  
641-417-9993

**Time:** 7:00 pm

**When:** 3rd Thursday of each month

# Anxiety Disorders

We all experience anxiety. For example, speaking in front of a group can make us anxious, but that anxiety also motivates us to prepare and practice. Driving in heavy traffic is another common source of anxiety, but it helps keep us alert and cautious to avoid accidents. However, when feelings of intense fear and distress become overwhelming and prevent us from doing everyday activities, an anxiety disorder may be the cause.

Anxiety disorders are the most common mental health concern in the United States. An estimated 40 million adults in the U.S. (18%) have an anxiety disorder. Meanwhile, approximately 8% of children and teenagers experience an anxiety disorder. Most people develop symptoms before age 21.

Physical symptoms of an anxiety disorder can be easily confused with other medical conditions, like heart disease or hyperthyroidism. Therefore, a doctor will likely perform an evaluation involving a physical examination, an interview and lab tests. After ruling out an underlying physical illness, a doctor may refer a person to a mental health professional for evaluation.

Using the Diagnostic and Statistical Manual of Mental Disorders (DSM) a mental health professional is able to identify the specific type of anxiety disorder causing symptoms as well as any other possible disorders that may be involved. Tackling all disorders through comprehensive treatment is the best recovery strategy.

\*Source NAMI.org

## Mental Health Statistics

418,000 adults in Iowa have a mental health condition.

Only about 4 in 10 people in Iowa with a mental illness condition received treatment in the past year.

1,608,923 people in Iowa live in a mental health shortage area

1 out of every 8 emergency room visits involves a mental health or substance abuse condition

1 American dies by suicide every 12 minutes. Iowa had 450 deaths by suicide last year.

Depression is the #1 leading cause of disability

## FREE SERVICES OFFERED BY NAMI CI

### DAILY

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

### WEEKLY

NAMI Connection Recovery Support Group for persons with mental illness at the Mental Health Wellness Center  
Thursday 2-3:30 PM

### MONTHLY

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

NAMI Family Support Group for family members

Ames: 4th Thursday of the month 7 PM

Iowa Falls: 3rd Tuesday of the month 6:30 PM

Newton: 3rd Thursday of the month 7 PM

### 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

**Unless otherwise noted, all activities take place at our office, located at 416 Douglas Ave Suites 203/205 in Ames, IA.**

Have questions or need help? Call or email the office:

Phone: 515-292-9400

E-mail: [namiofci@gmail.com](mailto:namiofci@gmail.com)

Website: [www.namici.org](http://www.namici.org)

## NAMI CENTRAL IOWA

The NAMI-CI Newsletter is e-published monthly and printed six times a year by NAMI Central Iowa. 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.

NAMICI is a United Way partner agency and is an affiliate of NAMI Iowa and NAMI, National.

**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.

- NAMI Central Iowa is a charity registered with Amazon Smile.
- NAMI Central Iowa has an Educational Endowment set up with the Story County Community Foundation.



**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

_____ Household	\$60.00
_____ Regular/Individual	\$40.00
_____ Limited Income	\$5.00
_____ Extra Donation	

### Member Information

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Check here to receive newsletter by email.



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416 Douglas Ave Ste 203  
Ames, IA 50010

Phone: 515-292-9400  
E-mail: namiofci@gmail.com  
Website: www.namici.org

