General Meeting

Wed, Nov 18
7:00 - 8:30pm Program

zoom Meeting Only

"Crisis Intervention Team (CIT) Program at work in our San Mateo County community”

Facilitator:
Armando Sandoval

Guest Speakers:
Jennifer Basler-Cameron on behalf of PERT (Psychiatric Emergency Response Team) and FCCC (Field Crisis Consultation Committee)
Ian Adamson of Mateo Lodge

A Representative from the County’s Sheriff’s office will also be on the panel of guest speakers.

Join Zoom Meeting
https://us02web.zoom.us/j/85096602018
Meeting ID: 850 9660 2018
One tap mobile
+16699006833,,81444487084# US (San Jose)

NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illness and their families.

JOIN US FOR NAMIWalks Your Way
San Mateo County on October 10
Register at https://namiwalks.org/sanmateo

We are familiar with coming together as a large group in San Jose for NAMIWalks each year, but this year presents many new challenges. Since we are unable to gather, we are going virtual with NAMIWalks Your Way San Mateo on Saturday, October 10.

This is Your Day, so Celebrate Your Way. What does this mean? Here are 4 ways we are participating to Promote Awareness, Build Community, Honor & Remember Loved Ones and Raise Funds for NAMI San Mateo County Services:

SPEND THE DAY DOING AN ACTIVITY YOU ENJOY!
Here are some Activities our participants are planning to do: One team is gathering for a virtual yoga session. Another team is hiking at Mori Point in Pacifica. One of our individual participants is rollerblading near the beach. Whatever you do is perfect! How you select an Activity is less important than WHY you do it.

Twila Dependahl - New NAMI SMC Executive Director

I am so excited and thrilled to be joining such a fantastic organization as NAMI San Mateo County. I look forward to meeting and getting to know all of you who make NAMI SMC such a wonderful and inviting group to be a part of. I have been personally touched by mental illness – the most profound experience of a high school friend who suffered from schizophrenia and who later took her life. I want to make a difference and want to support NAMI’s mission so that no one feels that the only way out is to end one’s life.

Thirty years at Franklin Templeton Investments provided me with extensive management experience which taught me that a team oriented and collaborative approach works best if you want individuals to achieve their highest potential. In my recent role as Volunteer Coordinator and certified Ombudsman, I advocated for residents living in the long-term care facilities and trained volunteers to become certified Ombudsman. One of these volunteers in the very first (Continued on page 2)
\textit{NAMIWalks... continued from page 1} \hfill \textbf{WATCH OUR NAMI SAN MATEO VIDEO TO CELEBRATE NAMIWALKS}

NAMIWalks is usually a very social day. We watch wonderful performances and speakers before we walk, we mingle and chat with others in the community, then we walk and share our story. This year we want to bring this experience to you, the best way we can.

At 10am on October 10, we will share a video on our walk website namiwalks.org/sanmateo. WE WANT YOU TO BE PART OF THE VIDEO TOO! Since we are unable to gather, we would still love to come together by sharing why we walk via video. If you would like, send us a 30-60 second video of why you walk to walks@namisanmateo.org by Friday, October 2.

Unable to view the video on 10/10 at 10? No worries, the video will remain posted throughout the month.

\textbf{MAKE AND SHARE SIGNS OF HOPE}

Post these signs in your window at home or in your car. Share photos of your signs with family and friends. Bring the signs with you during your Activity. Get Them Here: https://assets.donordrive.com/namiwalks/files/Sevent1000S/Signs_of_Hope_SMC.pdf

\textbf{SHARE YOUR DAY WITH FRIENDS AND FAMILY}

Share your day by safely gathering together, or share photos and videos by email, text, or on social media.

We thank you so much for your support and hope you can spend the day with us on October 10. Please contact us with any questions at walks@namisanmateo.org

\textbf{Your NAMI San Mateo County Team}

\textit{Mental health needs a great deal of attention. It’s the final taboo and it needs to be faced and dealt with.} - Adam Ant

\textbf{Recap from Sept 23 General Meeting}

By Kathy Stern

September was National Suicide Prevention month, and our general meeting featured two segments addressing "Help and hints for parents of youth with the challenges of mental illness".

After the death of their 24 year old son from depression, Mary & Victor Ojakian began looking for answers and ways to help other families not have to face such a tragedy. They went to their son’s university, where, in talking with everyone they could find they learned their son was the 5th in a cluster of students to die by suicide that year and no information about this had been shared. They educated themselves, and have now made it their mission to help educate others and change the system.

They have worked with all the colleges and universities in the state of California to have them adopt plans to provide improved campus mental health access.

They advocate for national standards for hospitals to establish patient safety plans and mutual treatment goals before release from in-patient hospitalization. They speak, consult, and advocate to help people understand there are things they can do to help a loved one or a friend overcome the pain that may lead them to consider taking their life.

Suicide is not a choice. Ending unbearable pain is the choice people make when they see no other way. We at NAMI can promote social and emotional learning and support their efforts through NAMI on Campus. We can help young people focus on health issues and stay hopeful.

Some resources they shared:
- \url{https://my3app.org} Lets you stay connected when having thoughts of suicide.
- \url{https://www.heardalliance.org} Provides resources and information for supporting youth with depression and related conditions. 650-579-0350 (San Mateo crisis line).
- \url{https://ccsesa.org/student-mental-health-initiative} CA Student Mental Health Initiative, CA County Superintendents Educational Services Association.

How do we stay hopeful? Read about ALCOVE, the Australian method for youth engagement with trusted adults to promote social/emotional learning. (google it)

Mary and Victor, Thank You for turning your grief into action and for sharing your vast knowledge of the realities of Suicide Prevention, and your message of hope, to help bring awareness to so many people. You are making a huge difference!

In our second segment Ginny Traub & Florian Davos, long time Parents of Youth support group facilitators, shared their stories of facing the challenges of mental health diagnoses in their children. Parents of Youth started in 2005 to support parents of children ages 4 to 26 as they learn to cope, advocate, and meet their children’s needs while maintaining their own equilibrium. The group meets the 2nd Monday of every month, now virtually. Parents are reminded to keep communication open, be calm, listen and empathize, maintain trust, set boundaries, and not take things personally.

Both Ginny and Florian, with their lived experience and dedication to supporting the NAMI mission of support and education, exemplify the value and importance of NAMI’s programs. Support groups are the heart and soul of what we, at NAMI, do.

Here’s a list of what works for them:

Look for our complete list of support groups in every newsletter and on our website: \url{www.namisanmateo.org}

\textbf{New NAMI SMC Executive Director Appointed}

... continued from page 1 ... training I conducted, suggested that I include a module in the core curriculum on Mental Health in Older Adults. Her husband had been diagnosed with a mental illness and to this day, she presents this module to all volunteers as part of their Ombudsman certification.

October kicks off Mental Illness Awareness week (Oct 4 – 10) and I look forward to learning more about this year’s theme “What People with Mental Illness Want You to Know”.

I am humbled and grateful for this opportunity to serve and support NAMI SMC as it continues its critical role of peer lived experience through advocacy, support, and education.

In gratitude, Twila Dependahl, Executive Director
Supporting Our Local NAMI Organization

Hello Everyone,

I hope that you are doing well and are persevering during these challenging times of change and cultivation. During these uncharted times, at NAMI (National Alliance on Mental Illness) San Mateo County we have experienced first-hand that our mental health services, programs and support are more important than ever.

As you may know, I’ve been affiliated with NAMI for over 30 years and have worked in the mental health field and with law enforcement for 35 years. Recently I also had the honor of becoming the Vice President-elect of the NAMI San Mateo County Board of Directors.

My passion for mental health and a career working with law enforcement led to my dedication to focus on many overlapping services such as Crisis Intervention Training. I have spent the last 15 years as a CIT instructor and the last 8 years with SF Bay Area Rapid Transit Police as their CIT Program Coordinator and Community Outreach Liaison. I have seen the positive impact San Mateo County’s CIT program has had over the last 15 years through our NAMI SMC partnership with SMC Sheriff’s Office, SMPD and BHRS. My passion has also guided me to serve on the board of directors for NAMI CA and the California Crisis Intervention Training Association. CIT is just one of the several programs that I am proud that we provide to our officers and the community.

To help fund all of our programs and services and to promote mental health awareness and support to our community, we are hosting our very own virtual NAMIWalks San Mateo County this year on Saturday, October 10. It will be our largest fundraiser of the year. I invite you to join me in supporting our NAMI San Mateo County programs that have such a positive impact on San Mateo County.

Please support my team “CIT Professionals for NAMI SMC” by making a donation, or you can register your own team to support and raise awareness for NAMI San Mateo County by going to: https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1000

In past years, we partnered with NAMI in San Francisco for a regional walk and with Santa Clara County for NAMI Walks, which takes place in San Jose and by hosting our own walk here in San Mateo County, we are able to expand local involvement and bring our community together by including our residents, local organizations, local businesses and schools, while maintaining all funds local.

NAMI San Mateo County supports our community and partners as we continue to work together on making change for the better and support one another during this process of holding each other accountable for a better community, system and society that cares for one another.

I thank you for your partnership and support as we continue to build on existing initiatives and programs.

Sincerely, Armando Sandoval, Vice President

Gov. Newsom Signs Peer Certification Bill (SB-803)

Today is a historic day for the health of all Californians. Governor Newsom signed the Peer Support Specialist Certification Program Act or SB-803.

The Peer Support Specialist Certification Program Act (SB-803) signed into law by the Governor will help address this gap through professionalized peer support. SB-803 establishes statewide peer support training and certification standards to bill for peer support services.

Why peer support? Peer support is an effective model in helping someone in their recovery because individuals are more engaged in their treatment and recovery when a peer is supporting them. It works because peers have had similar experiences and challenges that an individual can identify with. Through lived experience, peers can better empathize and understand those challenges. Peers can provide their lived experience as a model and source of hope for someone going through difficult times.

Peer Support Specialists in filling the service gap:
In 2019, the California Future Health Workforce Commission discovered 17% of Californians had unaddressed mental health needs. This has significantly increased since COVID-19. The Commission also found that California does not have, and will not have, enough providers and professionals to meet the state’s current needs, let alone future needs. The Commission projected that by 2030, California will have 41% fewer psychiatrists and 11% fewer psychologists, clinical counselors, marriage and family therapists, and social workers, leaving millions of Californians without the care and support they need.

A great example of Peer Support is the California Peer Run Warm Line. Since March and the start of shelter-in-place, people have turned to Peer Support. The California Peer Run Warm Line has gone from answering 3,000 calls and chats a month to over 8,000 calls and chats. And it only continues to grow! The counselors responding to those calls and supporting Californians are trained peers. They have stepped up to provide non-judgmental and accessible support to anyone reaching out. Peers have proven to be there when no one else is available.

COVID-19 has created a mental health crisis. The sooner we act and increase the amount of support available, the more lives we can save.

Thank you to Senator Beall, Sally Zinman, and all the advocates championing this cause. And thank you Governor Newsom for being there, recognizing the work of peers, and expanding access to mental health services to more Californians.

Mark Salazar, MHA Executive Director
https://www.mentalhealthsf.org

The American Psychological Association notes that stress can take a considerable toll on a person’s mind and body. Chronic stress, which is a constant stress experienced over a prolonged period of time, can increase the risk of hypertension, heart attack or stroke. Chronic stress causes the muscles in the body to be in an essentially constant state of guardedness, which can potentially contribute to tension-type headache and migraines.

Cataplexy - Episodes of sudden bilateral loss of muscle tone resulting in the individual collapsing, often occurring in association with intense emotions such as laughter, anger, fear, or surprise.
Q&A With Ellen Cookman

Q: What estate planning does my ailing parent need?

A: An estate planning client recently mentioned that both of his parents were very ill and in a hospice. We had a good conversation about steps he should take to make sure his parents’ assets successfully transitioned to the next generation upon their deaths. I wanted to share some of our takeaways, particularly since many of us are in this “sandwich generation,” caring for both ailing parents and children with mental health challenges.

1. In general, it is much easier to take estate planning steps while your parents are alive than after their deaths. So now is the time to act!
2. Make sure your parents’ estate plan is up to date. Old revocable trusts are generally valid, but they often don’t express your parents’ wishes many years later or provide tax benefits under current law. If your parents have capacity and want to make changes, they should visit an estate planning attorney and have a “restatement and amendment” of their trust prepared, which maintains the trust’s title while updating the terms of the trust.
3. If you aren’t sure if your parents’ estate plan is valid and up to date, have an experienced estate planning attorney review the plan.
4. Make sure your parents have valid powers of attorney that work at the banks where assets are held, so you can manage those assets if your parents become incapacitated. While banks are required by law to accept general powers of attorney, they often want the parent to sign the bank’s own power of attorney – check with the banks on this to make sure any transition in management is smooth.
5. Make sure your parents’ revocable trust is properly “funded”. Here are some general guidelines:
   a. Real property, bank and brokerage accounts should be titled in the trust, i.e. “John and Jane Smith, Trustees of the Smith Family Trust”
   b. Beneficiary designations for retirement accounts and life insurance policies should be up to date – naming living individuals, trusts, or charities
      i. This is particularly important if a parent has endured a divorce or a child has died – any asset that cannot pass to a person can go into the parent’s “estate” and be subject to the probate court, which is a burdensome process in California!
      ii. If you have a disabled child or sibling, make sure your parents name a special needs trust for his or her benefit as the beneficiary, as opposed to naming the child or sibling directly
      iii. Small bank accounts can be held outside the trust (but combined, cannot total more than $166,250, as of 2020)

This situation can get trickier if your parents no longer have capacity. Doctors might need to sign letters allowing you to take over as trustee and power of attorney, and banks might resist your actions to fund your parents’ trust. In these situations, I sometimes need to call the banks and use my “lawyer voice” to get things done!

I hope these planning tips are useful for you and your family. All the best in caring for your loved ones during this challenging time!

Ellen answers estate planning-related questions in our monthly NAMI San Mateo Newsletter. Please email your questions to outreach@namisammateo.org and look for answers in future newsletters!

CalAble: a savings and investment plan offered by the state of California to individuals with disabilities.

https://calable.ca.gov

New Additions to the Library

The Morbids
by Ewa Ramsey

Ewa Ramsey depicts the experience of mental illness not just its narrative, yet in a lively and often very funny novel despite its title.

A story of friendship, love and what it means to truly live when, sometimes, it may seem easier not to.

Caitlin is convinced she’s going to die.

Two years ago she was a normal twenty-something with a blossoming career and a plan to go travelling with her best friend, until a car accident left her with a deep, unshakable understanding that she’s only alive by mistake.

Caitlin deals with these thoughts by throwing herself into work, self-medicating with alcohol, and attending a support group for people with death-related anxiety, informally known as the Morbids.

But when her best friend announces she’s getting married in Bali, and she meets a handsome doctor named Tom, Caitlin must overcome her fear of death and learn to start living again.

Beautiful, funny, and universally relatable this story of hidden loneliness and the power of compassion and companionship reminds us that life is an adventure truly worth living.

For more information about the author go to:

https://ewaramsey.com

Please visit the library at the NAMI SMC office - we have books and videos available to check out! If you have read a book related to Mental Health issues that you believe would benefit others, please email the office with the title and author.

“Two things define you: your patience when you have nothing and your attitude when you have everything.”

- George Bernard Shaw
Thank You Jan Cohen!

On behalf of the NAMI board of directors and staff, I want to express our sincere gratitude to Jan Cohen for her hard work as interim executive director.

She came to us with a vast knowledge and many years of experience in the nonprofit world, especially with organizations serving people with mental and physical difficulties. She quickly demonstrated a passion for NAMI’s mission and goals, and her collaborative management style made her a most effective leader over the past 8 months.

We will miss her day-to-day, but she will always remain an important member of our NAMI family. We are grateful, Jan, for all you have taught us and for instilling in us the "can do" attitude you brought to your position.

NAMI SMC Board of Directors

A Word from our CIT Partners and NAMI San Mateo County

Hope all of you are doing well and persevering during this time of challenge and despair. We all need to support one another, to provide compassion and direction when hope is low but not gone. Wanted to remind our members what CIT and partners are still providing our families and consumers in our communities. San Mateo County is still providing the support from our Field Crisis Consultation Committee (FCCC), Psychiatric Emergency Response Teams (PERT), Mobile Support Team/Family Assertive Support Team (FAST).

NAMI San Mateo is hoping to have a panel presentation on what our partners are doing post COVID-19, the challenges and the importance of having these teams working together in the community to connect our loved ones to services and treatment while averting crisis. Family and Friends please continue to share what we are doing to improve the lives of our community and what we need to improve on collectively.

Thank you all for the support.

Quick Survey for your consideration!

Senior Connections!

We are considering starting a Connection Meeting for Seniors, age 55+.

If you are age 55+ and would be interested in participating, please send your name, email address, and phone number to:

Jen at education@namisanmateo.org (or)

Twila at twila@namisanmateo.org

along with your answers to the questions below.

1. How often would you like to meet: once a month? 2 times per month? Or every week?

2. What would be your ideal days/times to meet?

We are grateful for donations...

...with Gratitude

A special thanks for keeping our programs running during the COVID pandemic.

Thank you to our two sets of Family-to-Family teachers: Jean Perry and Ammi Rostin; and Jen Souza, Mary Knopf and Vivien Duering.

And special thanks to our Peer-to-Peer teachers: Michael Lim and Kira Liess. With their help, we’ve been able to continue to run our much-needed education programs, which are well appreciated in the community.

We couldn’t do it without you!

...in Honor of

Ginny Traub Walk Team from Helene Zimmerman

...in Memory of

Sylvia Cole Peahu from Nancy Reilly

NAMI San Mateo County appreciates those who send donations that honor loved ones. Our sincere gratitude!

To All Our Volunteers!

~ THANK YOU ~

We couldn’t do it without you!

General Meeting:

Jean Perry Verley - Tech Support

Warm Line Volunteer

Joey Berg, Brendon Byrne, Dan Conway, William Elting, Nikki Hennessey, Audrey Kemp, David Le, Leslie Liu, Patrice Massicotte, Jenna McCormick, Emily Pomeroy, Kristina Xiang,

...and to all of our Fantastic Support Group Leaders!

NAMI SMC Resource Guide

NAMI San Mateo is happy to announce we have expanded our resource guide! Through the efforts of our dedicated volunteers, and suggestions from our community we have added several new resources to our county resource guide. New additions can be found on our website under “Find Support /NAMI SMC Resource Guide and Useful Links”

https://namisanmateo.org/support/local-services

We hope to continue to extend our outreach efforts to support anyone affected by mental health challenges and their families as well as better understand availability of resources within our community. If you have suggestions for local resources we’d love to hear from you!

“Today is the tomorrow we worried about yesterday.” - Ann Brashares

Coronovirus Updates

www.smchealth.org/coronavirus
www.cdc.gov/coronavirus
NAMI SMC offers Ending the Silence Presentations. A Mental Health Awareness Program for Youth.

NAMI is delighted to announce an interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends. One in five teens ages 13-18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment.

NAMI Ending the Silence is an interactive presentation that includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

Please email our Education Coordinator to schedule a presentation: education@namisanmateo.org

San Mateo County Mental Health Emergency Numbers

Police: 911
Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department. 
HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRS website. Download “Mental Health Emergency” at www.smchealth.org/MH911 or visit the blog: https://smcbhrsblog.org.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433
Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915
Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)
Family Assertive Support Team - When your loved one is in emotional distress.

For additional non-emergency numbers relating to Mental Health issues, access https://namisanmateo.org.
NAMI ONLINE SUPPORT GROUPS

Online Family Support Groups (supporting a loved one with a mental illness):

- NAMI San Mateo Medical Center Support Group meets 3rd Tuesdays from 6:30-8pm.
  To register, email charleswoods.nami@gmail.com

- Cordilleras MHR Center Family Group meets 1st Monday of the month from 6:30-8pm.
  To register, email cordilleras6765@gmail.com

- Parents of Youth and Young Adults (ages 6-26) meets 2nd Monday of the month from 7-8:30pm.
  To register, email parentsofyouth@gmail.com.

- South County Family Support Group meets 2nd Tuesday of the month from 6-7:30pm.
  To register, email southcountyNFSG@gmail.com.

- Spanish Speaking Support Group meets 2nd Tuesday of the month from 6-7:30pm.
  To register, email csagesse@smcgov.org or call (650) 573-2673.

- NAMI Jewish Family & Services Support Group (Palo Alto) meets 2nd Tuesday of the month from 7-8:30pm. To Register please complete this [https://bit.ly/pa-fsg](https://bit.ly/pa-fsg) or visit: [https://namisantaclara.org/classes/support-groups-3](https://namisantaclara.org/classes/support-groups-3)

- Stanford Family Support Group meets 4th Tuesday of the month from 7-8:30pm.
  To register, email georgiavk@gmail.com

Online Peer Support Groups (those with a mental illness)

- Connection meets Mondays & Thursdays from 7-8:30pm. To register, email NAMI@namisanmateo.org or call the office at (650) 638-0800.

See pages 14 - 16 for a list of other support groups.
Membership / Donation Form

Donate, renew or join NAMI SMC also at namisanmateo.org

- Individual Member ($40)*
- Household Member ($60)*
- Open Door Member ($5)*

I would like to donate:
☐ $50      ☐ $75      ☐ $100      ☐ $250
Other $__________

In ☐ Honor of ☐ Memory of

☐ Renewal or ☐ New Membership  Amount Enclosed: $__________

* A portion of your membership is sent to NAMI National and to NAMI California

☐ My Company has a Matching Gift Program: ____________________________ (company name)

Name______________________________________________________________
Address________________________________________________________________________
City/State_________________ Zip_________________ Phone (_____)________________ E-mail__________________________

Pay by: ☐ Check  ☐ Visa  ☐ MC  Credit cards charged to billing address.

Credit Card#_________________________ Expires_________ 3 Digit code____

Amount $__________ Signature_________________________

How did you hear about NAMI? _________________________________________

Please check all that apply: I/we am/are
☐ Family  ☐ Individual  ☐ Friend
☐ MH Professional  ☐ Business or Agency

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law.

Our Tax ID number is 94-2650681.

Thank you for being a part of the NAMI SMC family!
Open Invitation
By Peninsula Temple Sholom, Burlingame

LET’S TALK MENTAL HEALTH
A community-building experience where stories, information, education, and support resources are shared with and among people living with mental health concerns and those who care for them.

Another in a series of conversations designed to stamp out stigma associated with mental illness.

IN YOUR OWN VOICE
SPONSORED BY NAMI OF SAN MATEO COUNTY

Presenters living with mental illness humanize this misunderstood and highly stigmatized topic by showing that its possible – and common – to live well with a mental health condition.

SAVE THE DATE!

Date: Sunday, October 25, 2020
Time: 3:00 p.m. to 4:30 p.m.
Location: ZOOM MEETING:

ZOOM Video Link:
https://sholom-org.zoom.us/j/81691301050?pwd=WUtpTWw1T0UzQUVVTWp0dHJHbG9YQz09

Meeting ID: 816 9130 1050
Passcode: 433079
Call-In Option: 1+669-900-6833
Pass Code: 81691301050#
One tap Dial: +1 669 900 6833,,81691301050#

In order to stay informed about future LTWH sessions, please send your name, email and/or phone number(s) to: marcib@comcast.net

❖ Let’s Talk Mental Health (LTMH) Community Conversations are free and open to all teens & adults who are interested.

❖ Each session includes a question and answer period with the speakers, opportunities to enhance community connections with others, and information about available community resources.

❖ Participants are invited to observe and/or participate to whatever degree they are comfortable.

Sponsored by:
Peninsula Temple Sholom
1655 Sebastian Drive • Burlingame • CA • 94010 - (650) 697-2266 / www.sholom.org
Mental Illness Awareness Week

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses’ reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Each year, we educate the public, fight stigma and provide support. And each year, our movement grows stronger.

We believe that mental health conditions are important to discuss year-round, but highlighting them during Mental Illness Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

MIAW 2020

The theme of this year’s Mental Illness Awareness Week is, “What People with Mental Illness Want You to Know.” Throughout the week, we will be raising the voices of those with lived experience to talk about some of the conditions and symptoms that are most misunderstood.

Mental Illness Awareness Week runs from October 4 – 10 and coincides with additional related events:

- Tuesday Oct. 6: National Day of Prayer for Mental Illness Recovery and Understanding
- Thursday Oct. 8: National Depression Screening Day
- Saturday Oct. 10: World Mental Health Day
- Saturday Oct. 10: NAMIWalks National Day of Hope

You Are Not Alone

NAMI continues our year-long awareness campaign, You Are Not Alone, to feature the stories of people affected by mental illness to fight stigma, inspire others and educate the broader public. Now more than ever, the mental health community must come together and show that no one is ever really alone. No one should be without the information, support, connection and help they need.

How To Engage Online With MIAW

MIAW Video Series

NAMI is featuring videos from real people sharing their lived experience with some of the symptoms and conditions we are focusing on during MIAW.

(s) https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week
NAMI Blog

Each day during MIAW, we’re featuring a blog addressing the theme “What People with Mental Illness Want You to Know.” Visit the NAMI Blog at nami.org/Blogs/NAMI-Blog and look for posts on our social media.

Personal Stories

Each day during MIAW, we’re featuring personal stories from real people experiencing mental health conditions at nami.org/personal-stories. By reading about lived experience, we aim to make people feel less alone in their mental health journeys.

Social Media

Social media graphics and logo files you can share on accounts as posts, cover images, website hero images or to add to existing messaging can be downloaded here. https://www.dropbox.com/sh/9tpelqy0lm8sgp/AADwYzMa9FUpvCgByLPFuOa/MIAW?dl=0&subfolder_nav_tracking=1

Here are some sample social media posts you can use throughout MIAW. Amplify our social media posts by sharing, liking and retweeting.

• There is a lack of understanding surrounding people experiencing mental illness. That’s why @NAMICommunicate is sharing some of the most misunderstood aspects of mental illness each day during MIAW. #MentalIllnessAwarenessWeek #MIAW
• Mental health is a huge part of overall health and should be a priority for everyone, whether you have a mental health condition or not. #MentalIllnessAwarenessWeek #MIAW
• There is no health without mental health #MentalIllnessAwarenessWeek #MIAW
• (10/10) Today is World Mental Health Day. We all have mental health challenges and if you are struggling right now, know that You Are Not Alone. #MentalIllnessAwarenessWeek #MIAW
• Mental health can and should be a priority this election season. Visit NAMI’s new election website, vote4mentalhealth.org, and pledge to #Vote4MentalHealth.

Additional Resources

Information, resources and graphics to support Mental Illness Awareness Week can be downloaded here. Additional stats, infographics and resources can also be found on our Mental Health by the Numbers web page.

(s) https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week
Fast Facts

These are only a few of the reasons why it’s important to take part in promoting awareness for MIAW. Please use these facts and others, including the infographics at nami.org/mhstats, to encourage discussions about mental health through social media or other forms of outreach.

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 25 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- Mental illness affects:
  - 37% of LGB adults
  - 27% Mixed/Multiracial adults
  - 22% of American Indian or Alaska Native
  - 20% of White adults
  - 17% of Latinx adults
  - 16% of Black adults
  - 15% of Asian adults
- Annual prevalence among U.S. adults, by condition:
  - Anxiety Disorders: 191% (estimated 48 million people)
  - Major Depressive Episode: 7.2% (17.7 million people)
  - Posttraumatic Stress Disorder: 3.6% (estimated 9 million people)
  - Bipolar Disorder: 2.8% (estimated 7 million people)
  - Borderline Personality Disorder: 1.4% (estimated 3.5 million people)
  - Obsessive Compulsive Disorder: 1.2% (estimated 3 million people)
  - Schizophrenia: <1% (estimated 1.5 million people)

(s) https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week
MENTAL HEALTH AWARENESS

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What Is Mental Health?

50% By age 40, about 50% of the population will have or have had a mental illness.

24% Suicide accounts for 24% of all deaths among 15-24 year olds.

10% At least 20% of people with a mental illness have a co-occurring substance use problem.

34% 34% of high school students indicate a moderate-to-serious level of psychological distress.

67% 67% of homeless people report having a mental illness.

"Take your time healing, as long as you want. Nobody else knows what you’ve been through. How could they know how long it will take to heal you."
- Abertoli

MENTAL HEALTH CONDITION STATS

Mental illness indirectly affects all North Americans at some time.
In any given year, 1 in 5 people in Canada and the United States will personally experience a mental health problem or illness.
Mental illness affects people of all ages, education, income levels, and cultures.
Approximately 8% of adults will experience major depression at some time in their lives.
About 1% of Canadians will experience bipolar disorder (or "manic depression").

45% Anxiety

30% OCD

25% ODD

10% Panic Disorder

70% Depression
We’re looking for persons to facilitate our programs. We especially need family support group leaders, now! Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.

Other Support Groups... Please call ahead for COVID 19 details

Café para Padres, ultimo Martes de cada mes.
Clinica Shasta Yolanda Ramirez al 650-599-1047

DBSA Mood Disorder Support Group for persons with uni-and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm
Contact at 650-299-8880 (leave a message) info@dbsasanmateo.org

Individuals Living With Their Own Mental Illness, Tuesdays, 1-2:30pm. Redwood City-Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111.

Parent Chat, for parents/caregivers of kids aged 14-24 with mental health challenges. 2nd & 4th Tuesdays, 7-8:30pm. Info: Trudy 650-208-9116 or Donna at 650-823-0997.

Jewish Support Group (open to all denominations), for those with mental illness and families and friends. 2nd Wed, 6:15-8:30pm For info, call Carol Irwin 408-858-1372

Coastside Dual Diagnosis Group, development for clients in all stages of recovery. Thursdays at 4-5pm Half Moon Bay. For info 650-726-6369.

Obsessive-Compulsive Foundation of SF Bay Area. 3rd Saturday, 1:30-3:30pm, Seton Medical Center Info: 415-273-7273; www.ocdbayarea.org. FRI/SAT

H.E.L.P. for those with a mental illness and/or supporters. Thursdays, 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Menlo Park. Info: Jane Clark 650-464-9033.THURSDAY

Korean Support Group for family members. Cupertino, 4th Friday: 12:30-2:30pm. Call for location: Kyo,408-712-1149.

Chinese Family Support Group (in English, Cantonese, & Mandarin) meets 2nd Friday, 6:30-8pm. For more information & registration, contact Tammy Vuong, ASW at 650-454-4711 or email QVuong@smcgov.org


Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs. Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.

Happy Halloween

Teachers & Facilitators Needed
We’re looking for persons to facilitate our programs. We especially need family support group leaders, now! Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.
Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video.

**Joining a Meeting**
1. Go to [https://zoom.us/join](https://zoom.us/join)
2. Enter your designated Meeting ID (The Meeting ID can be a 9, 10, or 11-Digit number). The Meeting ID should be provided by the host. *If dialing by phone dial 1 669 900 6833 and when prompted enter the Meeting ID.*
3. If prompted for a password enter the one that was assigned to the specific meeting you’re attending.
4. You’re in!

**Zoom Help Center**: [https://support.zoom.us/hc](https://support.zoom.us/hc)
BAHVN Online Support Group Meetings

The SF Bay Area Hearing Voices Network (BAHVN) is a non-profit organization consisting of individuals who hear voices, see or sense things others don’t, and have other extreme or unusual experiences and beliefs. For more information contact our website: www.bayareahearingvoices.org

Monday Meetings:
BAHVN separate support groups for adults, family members, and transitional age youth (TAY, age 18-24) are now online. The 3 separate Support Groups meet Mondays from 6 to 8 pm.
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Monday group.

Tuesday Meeting:
BAHVN in partnership with HealthRIGHT360 of San Francisco offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system. HealthRIGHT360 is a family of integrated health programs that provides compassionate care and treatment to over 38,000 individuals a year through more than 70 distinct and culturally competent programs in 13 California counties, including San Francisco. For more information related to the HV group please call (1-415-814-9756).
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Tuesday group.

Wednesday Meeting:
BAHVN, in partnership with the Mental Health Association of San Francisco (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm. The MHASF is a peer-led social justice community dedicated to progressive mental health issues for the past 70 years. The MHASF Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a non-discriminatory basis to anyone in need.
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Wednesday group.
Social distancing is an action encouraged by public health officials to stop or slow down the spread of a highly contagious disease. This information is being provided to help you understand what you are being asked to do by the Health Officer.

STOP THE SPREAD OF CORONAVIRUS (COVID-19)

If you must be in a public space, maintain 6 feet of distance from others.

How Social Distancing Helps our Healthcare Facilities Care for Everyone

Without protective measures

With protective measures like maintaining social distance when in public

What are social distancing measures?
Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events. When in public spaces it is important to stay 6 feet away from other people.

Why would social distancing measures be used?
Since the start of the spread of coronavirus, social distancing measures will be used early on to slow the spread of the disease and provide our community with the valuable time needed to be better prepared.

What can I do?
Practicing good hygiene habits such as washing your hands and covering your cough will help to stop or slow the spread of many diseases. For additional resources to keep safe, please visit www.smchealth.org/coronavirus.

It is important to follow any social distancing instructions from San Mateo County Health. Please stay informed and plan ahead.

IMPORTANT RESOURCES DURING THE COVID-19 PANDEMIC
For questions or concerns, please dial 2-1-1
For more information about health issues and emergency preparedness, please visit the following websites:
County Health: www.smchealth.org/coronavirus
San Mateo County: www.smcgov.org

Dial 2-1-1 for non-emergency, non-medical calls
smchealth.org/coronavirus
JOIN US for BBRF’s International Mental Health Research Symposium Available Digitally On Demand on October 30th.

Experience virtual scientific presentations on innovative brain and behavior research. All talks will be streamed and available On Demand.

REGISTER FOR THE SYMPOSIUM ONLINE at webcastregister.live/bbrf2020 to watch the BBRF Outstanding Achievement Prizewinners and the Pardes Humanitarian Prize in Mental Health recipient present updates on leading research discoveries across brain and behavior disorders.

This Virtual Symposium is free with registration. Contributions are encouraged.

To learn more about the Symposium or for information on Sponsorships please contact Alison Brooks at abrooks@bbrfoundation.org or call 800-829-8289.
NAMI CALIFORNIA
2020 CONFERENCE
October 12-13 2020
Free Virtual Event!

Keynote Speakers

Thomas Insel, M.D.
Special Counsel to
Governor Newsom on
mental health

Sandra R. Hernández, M.D.
President and CEO of the
California Health Care
Foundation

Virtual Offerings

State of the State Address, Exhibits,
Workshops, Networking Opportunities,
Plenary Tracks + More!

For free registration and more information:
www.namica.org/conference
Today’s climate has forced many of us to work remotely away from our colleagues, and practice physical distance from friends and loved ones. For the safety and well-being of all, we have decided to move our annual conference to a virtual platform.

Conference Information

Our virtual conference presents the unique opportunity for meaningful discussion, and the ability to reflect and connect with peers statewide as we continue our annual tradition of gathering as a NAMI California community. We hope that our virtual event reaches new members within our community and creates opportunities for engaging discussions within the virtual platform.

All workshops will be recorded and available a few days after the NAMI California 2020 Annual Conference has ended, so you will be able to view any missed concurrent sessions.

Please consider sharing this news with your colleagues, friends and family members. Here's a flier to share with your colleagues and here's a link to share: https://namica.org/events/2020-annual-conference
Cancellation Information

Will My Registration Fee Be Refunded?

Yes, we are refunding 100% of your registration fee, including any administrative fees. **Click here to receive your full refund.** We will begin processing registration refunds as soon as possible, but due to the high volume, please allow at least 30 days from when the request was submitted. [www.surveymonkey.com/r/5YMKXHK](http://www.surveymonkey.com/r/5YMKXHK)

Can I donate my registration payment to NAMI California?

Yes. **Click here to donate your registration** payment to NAMI California. Staff will send you a donation acknowledgement for tax purposes.

How can I cancel my hotel room reservation?

If you had a room reserved at the Sacramento Hyatt Regency, the hotel will automatically be canceling all rooms in the block. We ask that you do not contact the hotel to cancel your reservation. The hotel will cancel all reservations and send confirmation notices to the email addresses they have on file.

Are you refunding flights or other travel costs?

Please contact your carrier directly as soon as possible regarding a refund for any booked travel. Each carrier has its own policy regarding cancellations and whether refunds or credit will be issued. If you purchased travel insurance, please contact your provider for information and next steps.

Thank you for your patience as we navigate through this new process. We look forward to networking virtually with you this year!

LEAP ONLINE TRAINING
Join Dr. Amador—3 Hour Live with Q&A

Learn the #1 reason people with serious mental illness refuse help & how to create trusting relationships that lead to treatment & recovery.

Sept 16 or Oct 17
REGISTER TODAY!
LFRP.org/online-trainings
Cost $130-150

NAMI San Mateo Discount
$100 Ticket · Code: NAMISM100
**How to Raise $500 IN SEVEN DAYS**

<table>
<thead>
<tr>
<th>1. Sponsor yourself first.</th>
<th><strong>$25</strong></th>
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<tbody>
<tr>
<td><strong>$100</strong></td>
<td>2. Ask 4 family members to sponsor you for $25 each.</td>
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<tr>
<td><strong>$75</strong></td>
<td>3. Ask 5 co-workers to contribute $15 each.</td>
</tr>
<tr>
<td><strong>$100</strong></td>
<td>4. Ask 4 friends to contribute $25.</td>
</tr>
<tr>
<td><strong>$75</strong></td>
<td>5. Ask 5 neighbors to sponsor you for $15 each.</td>
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<tr>
<td><strong>$50</strong></td>
<td>6. Ask your boss for a company contribution of $50</td>
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<tr>
<td><strong>$75</strong></td>
<td>7. Ask 3 businesses you frequent to donate $25 each.</td>
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**Navigating a Mental Health Crisis**

Like any other health crisis, it’s important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

Honing our community partners and colleagues who have demonstrated exceptional leadership in providing and/or maintaining housing for individuals in San Mateo County with mental health and/or co-occurring challenges.

https://www.smchealth.org/event/13th-annual-housing-heroes-awards-ceremony

9AM TUESDAY, OCTOBER 20TH 2020
Awards Presentation at the San Mateo County Board of Supervisors’ Meeting

https://sanmateocounty.legistar.com/Calendar.aspx

Organized by the San Mateo County Change Agent Housing Committee
2020 Calendar Project

HIP Housing needs artwork to fill its 2021 Calendar. Do you know a young artist?

Our Calendar Contest is in full swing. We’re looking for artwork from children who live in San Mateo County and are in Kindergarten to 5th grade. You may know a young artist. Maybe it's your child, grandchild, niece or nephew, or a neighbor. Forward this email or print out an entry form.
The deadline for entries is October 16, 2020. We can't wait to see all the beautiful entries!

Do you love HIP Housing's Calendar and want your logo to appear in it? We print 3,000 calendars and distribute them throughout San Mateo County. It is a great way to promote your business and show community support. Learn how to be a Sponsor.


Sponsorship Opportunities: https://hiphousing.org/calendar-project/hip-housing-calendar-sponsorship

Contest Entry Form: https://hiphousing.org/calendar-project/hip-housing-calendar-form

HIP Housing, 2020.
2020 Calendar Project
800 S Claremont St. #210,
San Mateo, California 94402
The More You Know, The More You Can Help

Upcoming Free Webinars

All times shown are in Pacific Time.

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
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<tbody>
<tr>
<td>Mon -Tue, Oct 12-13, Starts 8 am</td>
<td>NAMI CA - 2020 Annual Conference - <a href="https://namica.org/events/2020-annual-conference">NAMI California</a></td>
</tr>
<tr>
<td>Tues, Oct 13, 11 am - 12:30 pm</td>
<td>Why Did I Eat That? Obesity and the Neuroscience of Food Craving - <a href="https://www.bbrfoundation.org/event/why-did-i-eat-obesity-and-neuroscience-food-craving">BBRH</a></td>
</tr>
<tr>
<td>Wed, Oct 21, 9 am - 10 am</td>
<td>Creative Wellness: Using Music, Recreational, and Art Therapy in Behavioral Health - <a href="https://register.gotowebinar.com/register/507198526517091086">Amita Health</a></td>
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<tr>
<td>Tue, Oct 27, 9 am - 10:30 am</td>
<td>Parent to Parent: Family Training on ADHD</td>
</tr>
<tr>
<td>Fri, Oct 30, Starts 8 am</td>
<td>International Mental Health Research Symposium - <a href="https://www.bbrfoundation.org/event/international-mental-health-research-symposium">BBRH</a></td>
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<tr>
<td>Month of Oct</td>
<td>Free Online “Mental Health and Wellness” Eventbrite Listings in October.</td>
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<td><a href="https://www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness">www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness</a></td>
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Quoted in this issue:
- Adam Ant [https://en.wikipedia.org/wiki/Adam_Ant](https://en.wikipedia.org/wiki/Adam_Ant)
- Ann Brashares [https://www.annbrashares.com](https://www.annbrashares.com)
There is a new book out – LAWS WE NEED TO KNOW: Understanding Rules and Programs for Persons with Mental Illness. Written by San Francisco attorney and long-time NAMI member Baron Miller, it covers such topics as government programs and benefits, estate planning, the criminal court system, hospitalizations, restraining orders, and family liability, and also suggests strategies to use with authorities.

The book explains Federal laws, procedures, and programs pertaining to persons with mental illness, and it also explains and uses pertinent California laws as a model for most states’ laws.

The book is available for purchase in print or digital form, both from online booksellers such as Barnes and Noble, and Amazon, and by order at bookstores. Print copies are also available at www.baronmillerlaw.com where special pricing is available as needed.

What reviewers have said:

“It reads like an excellent travel guide. As a family member and attorney, Miller knows the landscape intimately and also has the technical training, expertise, and experience to navigate the difficult terrain. In a clear conversational writing style the book reflects this, and it will be a valuable primer on a deeply complex, confusing, and often gut-wrenching subject.” – Gary Chang, Attorney, Director of Legal Affairs for PLAN of California (ret.)

“Miller more than delivers, in concise and clear prose which is well organized and aided greatly by a detailed table of contents…..I only wish I had the benefit of Miller’s book when (my son) was on the cusp of adulthood…Baron Miller has been serving others since his distinguished legal career began when this reviewer was still in high school. With this volume, his legacy of service is sure to continue for many years to come.” – The Honorable Timothy B. Taylor, Judge of the Superior Court, San Diego County

“A very well written article about ABLE accounts.” – Anonymous parent of a mental health consumer

“(A) useful book, written in clear, logical, layperson’s language…carefully points out legal rights and resources, options and consequences of various choices. As parents of a child with mental illness, we found it full of comfort and helpful information.” – Tom and Ellen Abels, Clients

https://smile.amazon.com/Laws-We-Need-Know-Understanding/dp/1734771208

When you log in, please choose “NAMI San Mateo County” as your charitable organization; from there, proceeds from your shopping purchases will be linked directly to us!
A DBT Support Group for Loved Ones of Someone with Borderline Personality Disorder

Cost: $75/group

3 month initial commitment required

When: 2nd & 4th Tuesday of the month, 6 to 8 pm.

Where: Online

For whom: Residents of CA. First group begins 9/8

Facilitated by Stephanie Heintz, LMFT
DBT-Linehan Board of Certification, Certified Clinician™

To sign up, contact Stephanie@dbtcentersv.com
Volunteers who hear voices, see visions, or have other unusual perceptions or beliefs needed for paid online research study

The Emotion and Social Interaction (ESI) Lab in the Department of Psychology at UC Berkeley is recruiting volunteers to participate in research to learn about life during the COVID-19 pandemic. We know the ongoing pandemic has changed lives in many ways, and we want to hear how it has impacted you.

You may be eligible for this study if you:
- Are between the ages of 18-65
- Are proficient in the English language
- Have access to a computer
- Have internet access
- Have an email address
- Have a quiet, relatively private space in your home to complete the survey

The study survey is completely ONLINE, and can be completed at your convenience. It should take approximately 1 hour to finish, and you will receive $15 for your participation.

If you are interested, please call 415-691-7650 or email COVID19.esi.berkeley@gmail.com
The "Lift the Mask" documentary tells the harrowing, hopeful stories of six individuals living with behavioral and mental health diagnoses. From the onset of symptoms and the quest for a diagnosis to managing the subsequent treatments and medications, the film's subjects frankly discuss the most difficult and traumatic moments of their journeys.

Please join The Quell Foundation and Mental Health Association of San Mateo County for this unique, virtual event.

To view the film’s trailer, click [link listed below].

Thursday, October 22
4:00 - 5:30 PM PST

Register Here -> [https://www.eventbrite.com/e/122310163993](https://www.eventbrite.com/e/122310163993)

Questions?

Sara Furrer
saraf@mhasmc.org

[thequellfoundation.org](http://thequellfoundation.org)
Warmline
LEARN ABOUT UP TO DATE RESOURCES IN OUR COMMUNITY THROUGH OUR WARMLINE!

(650) 638-0800 Mon to Fri 9AM-3PM

In our best efforts to support the people we care about during this challenging time, NAMI SMC has kept our WarmLine open during business hours M-F 9-5. When you call, you will receive suggestions and help in navigating services in your area. Resources like housing agencies, crisis intervention hotlines, food banks and NAMI’s online support groups are all accessible with the guidance of our NAMI Warm Line Peer operators.

NAMI San Mateo County produces its newsletter ten times a year.

The newsletter covers items of interest within the local and broader mental health community as well as events.
Below you will find the current issue, along with back issues for your reading pleasure.
The newsletter is sent via email to all active members on our NAMI SMC membership list at the end of each calendar month, or sent via postal mail to those members who do not have computer access, or prefer a physical copy.
Anyone – members and non-members – can view the current Newsletter by visiting our website at https://namisanmateo.org/about-us/newsletters-2

We welcome input for the newsletter, and actively seek volunteers to help with the production and mailing components. If you are interested in participating, please be in touch via email to nami@namisanmateo.org, or by phone at 650-638-0800