

# nami-savannah news

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[www.namisavannah.org](http://www.namisavannah.org)

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Savannah, Georgia 31406  
Mail to: NAMI-Savannah, P. O. Box 13731,  
Savannah, Georgia 31416 Phone: 912-353-7143

February 2014

## Calendar Information

### NAMI-Savannah Board Meeting

The NAMI-Savannah Education and Membership meeting will be held on Tuesday, February 11, 2014 at 6:00 pm at the Reed House, 1144 Cornell St. *Our guest speaker will be CIT officer, Sergeant Hiram Rivera of the Savannah Chatham Metropolitan Police.*

### Family Support Group

The next meeting will be held on Monday, February 24, 2014 at 6:00 pm at the Reed House. If you have any questions, please contact Lisa Breitberg at (912) 313-3272.

### NAMI Connections Support Group

Need to talk to someone who understands? Someone just like you? NAMI Connections Support Group is a weekly recovery support group program for people living with mental illness. It offers a structured group process designed to encourage, support, and empower. NAMI Connections is held every Tuesday at Trinity Lutheran Church, 1239 Mercy Blvd. from 6-8:00 pm. For further information, please contact Jodi Whitaker at (912) 220-3000.

### Coastal Behavioral Health Partners Stakeholders Meeting

The next stakeholder's meeting will be held Monday, February 24, 2014 at Memorial Health, Main Entrance, Conference Room C, from 3:30-5:00 pm.



## NAMI-Savannah's 1st Annual TsuNAMI Tennis Challenge "Taking Mental Illness by Storm"



Matt Hall & TC Lauer, Men's Open Division Winners



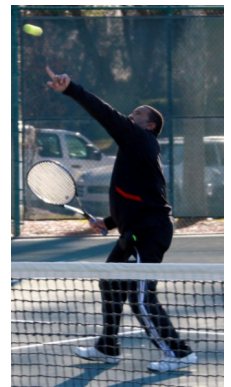
Tracy Boyd, Board Member (lt) & Family



Tracy Boyd & Leslie Medinger (rt),  
Chairpersons and Organizers

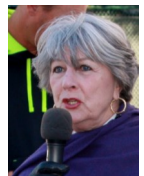


Challenge Participants



Thank you to all who helped make **NAMI-Savannah's 1st Annual TsuNAMI Tennis Challenge**, a huge success! The event was held on Saturday, January 18th, at Franklin Creek Tennis Center. The response to the tournament surpassed our expectations with 104 participants. All players arrived bright and early in spite of the "chilly" temperatures, and enjoyed a fun day of social, competitive tennis! NAMI-Savannah's own Diane Reeder, was the featured speaker and did an awesome job getting NAMI's vision and mission out to the participants.

Diane Reeder



The tournament was played using a Round Robin format and most teams played 4 - 5 rounds depending on the size of their division. Prizes were awarded to the top two teams in each division. During the downtime, players and spectators enjoyed coffee, snacks, and a catered lunch, while also perusing through the silent auction tent which had some FANTASTIC items. All proceeds will go to NAMI-Savannah, the final count is not in yet....but to date we have raised over \$10,000!!!!!!!!!!!!!!

Many thanks to all of our Corporate and Court Sponsors, supporters, and participants! We could not have done it without you! Looking forward to next year!

(continued on page 2)

## People with Mental Illness Who Enriched Our Lives

### Abraham Lincoln

The 16th President of the United States suffered from severe and incapacitating depression.

### Vincent Van Gogh

The celebrated artist's suffered from bipolar disorder.

### Vivien Leigh

The "Gone with the Wind" star suffered from mental illness.

### Herschel Walker

Former running back revealed that he suffered from dissociative identity disorder, also known as multiple personality disorder.

### Jane Pauley

NBC news broadcaster, since the age of 25, suffered from depression and bipolar illnesses.

### Mike Wallace

Legendary journalist suffered from depression.

### Paula Deen

Known to TV viewers as a cook unafraid to use staggering amounts of butter on everything, also struggled with anxiety disorders.

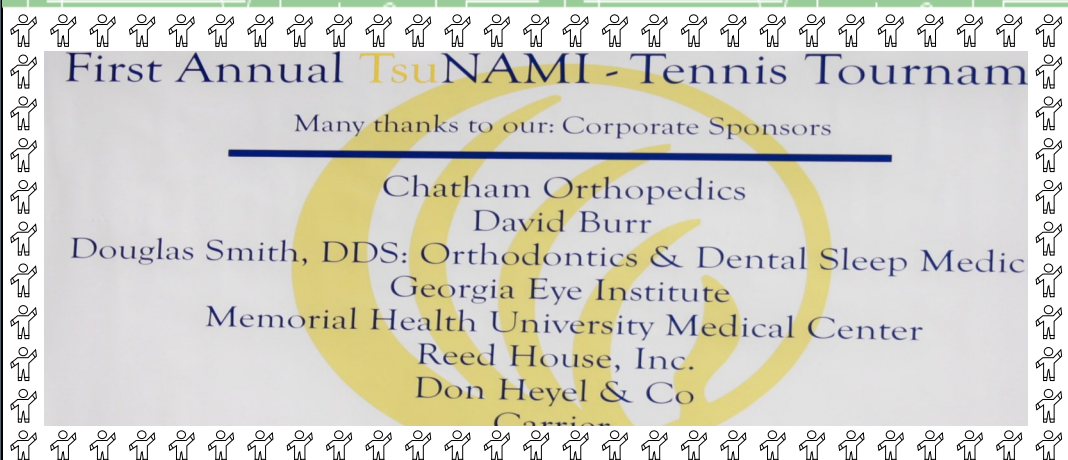
### Ruth Graham

(Daughter of Ruth and Billy Graham) struggled many years suffering with depression, drugs, and eating disorders.

### Diana Princess of Wales

Struggled with bulimia nervosa.

*Taken from "Personality Disorders: A Class of Their Own"*



**OUR SINCERE THANKS TO OUR MANY CORPORATE AND COURT SPONSORS,  
PARTICIPANTS, AND SUPPORTERS!**

### **CORPORATE SPONSORS**

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### **Court Sponsors**

Jane Nangle in Memory of Jack Nangle  
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The Boyd Family  
The VonKuhn Family  
Lydia and Tom Angle  
Laurie & Bob Puccini  
Coastal Harbor Health System

### **SUPPORTERS**

The Coca-Cola Company, Joan Bremer, Sueann Hearn, Holley McAdams, Patti Autry, Guerin Izzo, Suzie Douglas, Wilmington Island Supper Club (Gail & Walker Prescott, Lori & Jim Sculati, Tracey & Stephen Stewart, Tracy & Joe Sauers), Merle Norman Cosmetics, Wilmington Island Club, The Village Bar and Grille, Krogers, Bonefish Grill, Barnes Restaurant, Flying Fish Bar and Grill, Tail Activewear, Smith Brothers Village Market, Bull River Beverage Mart, Laura Adams, The Dolphin & the Mermaid, Sharon Saseen, Nicole Weller, The Landings Club, Maison Medical Spa-Miriam Howard, Local Color, Whole Foods, Zoe's Kitchen, Lydia Angle, Chris Clure, Cynthia Smith, Savannah Hyundai, Largo Beverage, Massage Envy, Bi-Lo, Chu's Convenience Mart, Bar Food, Barberitos, Great Harvest Bread Co, Release Marine, Brian Davis Salon, Live-Oak Restaurant Group, Patrick White, The Sullivan Group, Joan & Stuart Weiner, Edwin Watts Golf, Fiore Italian Bar & Grill, Rich Morrell, and Polka Dots.

***Special thanks to: Franklin Creek Tennis Center Staff  
& Crew and The Landings Club***





**"Stir It Up"**

Don't miss NAMI-Savannah's monthly 30/60 minute radio show with Jacqueline Awe broadcast on SSU's 90.3 FM the 1st Friday of every month at noon.

**Peer Support "Warm Line"**  
**1-888-945-1414**

The Georgia Mental Health consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day.

**Georgia Crisis & Access Line - (A Crisis Has No Schedule)**  
**1-800-715-4225**

The 24-hour Georgia Crisis and Access Line is operated by Behavioral Health Link and sponsored by the state.

**The Nation's Voice on Mental Illness**

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope.

For more information, contact: [nami-savannah@namisavannah.org](mailto:nami-savannah@namisavannah.org)  
[www.namisavannah.org](http://www.namisavannah.org)

PHONE: 912-353-7143  
FAX: 912-353-7195

**NAMI-SAVANNAH****Coastal Behavioral Health Partners  
Stakeholders Meeting**

At our stakeholders' meeting in January, we continue to bring our community together to address the needs of our citizens that can best be provided in a collaborative approach. Attending were leaders and representatives from law enforcement, DFCS, Gateway/Savannah Counseling, children/adolescents services, Coastal Academy, Behavioral Health Crisis Line, housing advocates, and interested citizens.

The next meeting of the Coastal Behavioral Health Partners (the former "stakeholders committee") is scheduled for 3:30 p.m. on Monday February 24, 2014 in Conference Room C at Memorial Health (go in through the Main lobby, turn right through the snack bar and look for the NAMI signs).

We are still building our membership representation to the level we had before and need a greater response from those leaders and groups that we have invited. We are asking for your understanding that as members of our stakeholders group you can make a difference in this collaboration of dedicated leaders. We understand that many have commitments that prevent your attendance but ask that you send a representative to keep you informed of our citizens issues.

We will be providing a new agenda for our meeting in February. We also ask for feedback to solicit those areas of concerns that can be addressed in our collaboration.

Please plan to join us on the 24<sup>th</sup>.

**Mental Health Day at the Capitol 2014!**

Please join us for *Mental Health Day at the Capitol* on Wednesday, February 19, 2014. Please come to the Freight Depot knowing who your legislator is. To find your legislator please go to this website:

<http://openstates.org/ga/>

If you want to speak directly to your legislator, you can call his/her office and make an appointment. Use the link above to find your legislator.

The legislature will be in session during *Mental Health Day at the Capitol*. Most of the legislators will be in Chambers. To pull your legislator out of Chambers, you must know who your Senator or Representative is. To find your Senator or Representative, use the link above.

**Instructions for Pulling Your Representative Out of Chambers**

The Capitol is divided into two parts on the third floor of the Capitol, the Senate and the House of Representatives. To speak with your Senator or Representative when they are in session you must fill out a

form. The form is different for each side. On the form you must give your name, the name of the Senator or Representative with whom you wish to speak, and say you're here with *Mental Health Day at the Capitol*. After you fill out the form you hand it to the secretary near the entrance of the Chamber you are standing in front of. They will give your slip to a Page who will bring it into the Chamber. The Page will come back and either tell you the Senator or Representative is coming out to speak with you or that they are not available.

If they are able to come out and speak with you, make sure you introduce yourself and *tell them you are part of the group that is here with Mental Health Day at the Capitol*. If you are speaking to the Senator or Representative in your district make sure you give them your address so they know you are in their district. If you are speaking to a member of a particular committee, like Health and Human Services, make sure you tell them you are interested

in mental health issues.

Be brief and polite. You can leave the Mental Health Talking Points (given to you at the Freight Depot) and personal message with them if you like. Also, ask your legislator to attend the breakfast!

**The agenda is listed below and a registration form is attached. Deadline for registration is February 5, 2014.**

**For more information, please contact Rheba Smith @ 404-758-4500 x. 104.**

**This event is sponsored by:**



1381 Metropolitan Parkway, Atlanta, GA 30310  
(404) 758-4500 ext. 104  
[www.gpsn.org](http://www.gpsn.org)

**Agenda:**

8:00 AM	Registration at Freight Depot 65 Martin Luther King, Jr. Drive
8:30 AM	Breakfast
9:40 AM	Head to Capitol Steps - Washington Street
10:00 AM	RALLY
11:00 AM	Opportunity to Meet Your Legislator or Tour the Capitol



# B H S C

## Behavioral Health Services Coalition

Providing leadership to improve mental health and addictive disease services in Georgia.

### JOIN US FOR MENTAL HEALTH DAY AT THE CAPITOL

Sponsored by the Behavioral Health Services Coalition

### WEDNESDAY, FEBRUARY 19, 2014

Beginning at 8:00 a.m. in the Freight Depot for Registration/Breakfast

65 Martin Luther King, Jr. Drive (at Central Avenue)

Then at 10:00 a.m. to the Georgia Capitol  
For a Rally

214 State Capitol (Washington Street side)  
Atlanta, GA 30334

**MENTAL  
HEALTH  
MATTERS**

**Deadline for  
registration is  
February 5, 2014**

#### Program Schedule

8:00 AM

Register at the Freight Depot

8:30 AM – 9:50 AM

Breakfast at the Freight Depot and Consumer Art Show

10:00 AM – 11:00 AM

**RALLY ON THE CAPITOL STEPS**

11:00 AM – 12:00 Noon

Meet with your Legislator / Tour the Capitol /

To pre-register, fax this form to the attention of Rheba Smith at 404-758-6833, or email to Rheba at [rheba.smith@gpsn.org](mailto:rheba.smith@gpsn.org). In the event you are pre-registering, you will be required to have payment ready when you check in on the day of the event. It is YOUR responsibility to make sure payment is received. To register and send payment now, please make checks payable to GEORGIA PARENT SUPPORT NETWORK and send to Rheba Smith, GPSN, 1381 Metropolitan Pkwy., Atlanta, GA 30310, or fill out the credit card information below. Credit card payments MUST be accompanied by a daytime phone number. Please, one person per form. Rheba can be reached at 404-758-4500 Ext. 104 if you have concerns.

**NOTE: If you do not pre-register, you will not be able to have breakfast.**

☐

Yes! I/we will attend; \$30 registration fee PER PERSON is enclosed.

☐

I/we will attend as a consumer or family member; \$25 registration fee per person is enclosed.

☐

I would like to apply for a consumer/family scholarship (FREE of cost to consumers and family members). *NOTE: Scholarships are limited and are available on a first-come, first-served basis.*

☐

I am enclosing a donation to support Mental Health Day at the Capitol \$ \_\_\_\_.

INDIVIDUAL'S NAME \_\_\_\_\_

ORGANIZATION NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

*If paying by credit card:*

CHECK OR CREDIT CARD NUMBER: \_\_\_\_\_

EXP. \_\_\_\_\_

NAME ON CARD: \_\_\_\_\_

3-DIGIT V-CODE ON BACK: \_\_\_\_\_

TOTAL AMOUNT TO BE CHARGED: \$ \_\_\_\_\_

SIGNATURE: \_\_\_\_\_



## NETWORKING PARTNERSHIPS

AmericanWork, Inc.  
836 E. 65th St., Ste. 42  
Savannah, GA 31405  
912-354-5780

Recovery Place  
835 E. 65th St., Ste. 102  
Savannah, GA 31405  
912-355-1440

GA Regional Hospital  
1915 Eisenhower Dr.  
Savannah, GA 31406  
912-356-2011

Assertive Community  
Treatment Team (ACT)  
836 E. 65th St., Ste. 2  
Savannah, GA 31405  
912-354-4460

The Reed House  
1144 Cornell Ave.  
Savannah, GA 31406  
912-777-4108

Coastal Behavioral Health  
633 Stephenson Ave.  
Savannah, GA 31405  
912-354-3911

No health without  
mental health

JOIN NAMI  
TODAY!!  
Go to [nami.org](http://nami.org) and  
be sure to select  
NAMI-Savannah!

## NAMI-SAVANNAH

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## In the



### **Georgia Crisis Intervention Team Program Training** **February 10-14, 2014 @ Savannah Mall** **"A New Tool for Law Enforcement"**



The Georgia Crisis Intervention Team (CIT) program is a dynamic community collaboration of professionals committed to those with mental health illnesses and other brain disorders. This CIT training equips Georgia law enforcement officers with the skills to assist people in crisis, thereby advancing public safety and reducing the stigma of mental illness.

NAMI-Savannah is hosting its first training on February 10-14, 2014 at Savannah Mall. For more information, please contact: Diane Reeder at 912-441-7724.

### **Free NAMI Family-to-Family Classes to start on March 4, 2014** **for Family Caregivers of** **Loved-Ones with Mental Illness**

*Mental illness affects everyone.* Nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least four adults and one in 10 children across the United States. *Because mental illness devastates the lives of so many Americans, NAMI works every day to save every life.*

NAMI's Family-to-Family Education program is a **free**, 12-week course for *family caregivers* of loved-ones with mental illnesses. **The course will run from March 4 - May 20, 2014.** Family members will gain empathy by understanding the subjective, lived experience of a person with mental illness. Special workshops will be conducted on topics such as: problem solving, listening skills, and communications techniques.

The classes will be 2 hours, one night a week, for 12 consecutive weeks and will be held at the Reed House from 6:00 - 8:00 p.m. Family members will receive an extensive manual on the course materials. We encourage family members wanting to attend this free training to contact the NAMI-Savannah's office at 912-353-1743 to register. You can also contact Lisa Breitberg at 912-313-3272 for additional information.

### **National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services**

#### **Clinical Trial Participation**

#### *Nationwide Recruitment: Bipolar Disorder (Pediatric) Research Study*

Descriptive Study of Bipolar Disorder  
(Outpatient: 1-3 visits and may include follow-up visits until age 25)

This study describes, over time, the moods and behavior of children. Participants must have a diagnosis of Bipolar Disorder, be currently in treatment with a physician, medically healthy and not currently hospitalized, psychotic or suicidal. The study includes performing research & computer tasks, neuropsychological testing, and MRI brain imaging. **Recruiting ages 6-17.**

To find out about study criteria and qualifications, or for more information, please call (301 496-8381) or email us at [bipolarkids@mail.nih.gov](mailto:bipolarkids@mail.nih.gov).

For more information on research conducted by the National Institute of Mental Health in Bethesda, MD, go to: <http://patientinfo.nimh.nih.gov>.

#### **Find Clinical Trials by State:**

<http://www.clinicaltrials.gov/ct2/results/map/click?term=Behavior%20and%20Mental%20Disorders%5BCONDITION-BROWSE-BRANCH%5D&recr=Open&fund=01&map.x=163&map.y=177>



**Board of Directors**

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 Vacant, 1st Vice-President  
 Tammy Johnson, 2nd Vice-President  
 John Richards, President Ex Officio  
 Tracy Boyd - Treasurer  
 Lisa Breitberg - Secretary

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Pat Bray, President  
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 Jodi C. Whitaker, Board Speaker  
 Susan Butara, Member  
 Stuart Bass, Member



**YOU ARE  
 NOT  
 ALONE  
 IN THIS  
 FIGHT**

## ***NAMI - In Our Own Voice***

### ***"Living with Mental Illness"***



In ***Our Own Voice: Living with Mental Illness*** (formerly known as *Living with Schizophrenia and Other Mental Illnesses*) is a NAMI program focused on spreading the message of recovery by living examples. The graduates of the program share their testimonials of the impact this program has had in their lives and helps to foster a more positive attitude towards mental illness. It provides hope and opportunity to both the audience and the presenters.

Julie Brinas is one of the recent graduates of the NAMI's *In Our Own Voice* training program.



### ***Virginia State Senator Creigh Deeds: 'The System Failed My Son'***

Senator Deeds with son, Gus

Senator Creigh Deeds remembers turning his back just before his son attacked him, stabbing the Virginia state senator multiple times. Deeds had gone out to the barn to feed the horses. His son, Austin "Gus" Deeds, came across the yard. I said, 'Hey bud, how'd you sleep?' He said, 'fine.' I turned my back and he was just on me," Deeds told CBS' "60 Minutes" in an interview that aired last Sunday night. "I said, 'Gus, I love you so much.' I said, 'Don't make this any worse than it is.' He just kept coming at me."

Less than 24 hours before the November 19 stabbing, Deeds' son had undergone an evaluation by mental health professionals while he was under an emergency custody order. Officials reportedly had to release Gus, 24, because no psychiatric bed was available and an individual could only be held under emergency custody for up to six hours. "The system failed my son," Deeds said he told a representative of the county agency that manages mental health care. "I was concerned that if he came home there was going to be a crisis," Deeds told "60 Minutes."

The next morning, Gus stabbed his father in the chest and head. He then turned a gun on himself and died. Deeds still bears scars on his face. In spite of the attack, he told "60 Minutes" that Gus was a "great kid . . . perfect son." He said he hopes that his son is not defined by his illness and that his life will have a positive impact.

The Democratic lawmaker has introduced legislation that targets mental health services in the commonwealth. His agenda for the 2014 session includes proposals that would create a psychiatric bed registry and expand the time limit for emergency custody orders. "I want people to remember the brilliant, friendly, loving kid that was Gus Deeds," his father said. "We'll use Gus, I hope, to address mental health and to make sure that other people don't have to suffer through this."

To read more, go to: <http://www.cnn.com/2014/01/26/politics/creigh-deeds-attack/index.html?iref=allsearch>

### **Mental Health Rehabilitation Clubhouse Elects Officers**



Jane Nangle

**Reed House Inc.**, a non profit, psychosocial rehabilitation clubhouse recently elected their 2014 officers. New officers are:

- ◆ Jane Adams Nangle, Attorney - *President*
- ◆ Brooke Bass, Realtor; Owner, Gracious Moves, LLC - *Vice-President*
- ◆ Judson Hendry, Retired CFO of Hospice Savannah - *Treasurer*
- ◆ Lisa Breitberg - *Secretary*



It's NAMI-Savannah Savings Time - Membership Renewal! Visit [NAMI.org](http://NAMI.org)  
 Click on [NAMI Members](#) and Sign in or create an account TODAY!



**Has Your NAMI-Savannah Membership Expired?**

Renew Your Membership  
Now!

Visit [NAMI.org](http://NAMI.org) and click-on  
NAMI Members and  
Sign in or create an account  
TODAY!



Connect. It matters.  
Friendship. It matters.  
Ask the question. It matters.  
Support. It matters.  
Compassion. It matters.  
Listen. It matters.  
Family.

**It Matters.**



CIT International is dedicated to promoting and supporting collaborative efforts to create and sustain more effective interactions among law enforcement officers, mental health providers, individuals with mental illness and their families and communities.

To learn more, visit GA Bureau of Investigation's website:  
[www.ganet.org/gbi/cit](http://www.ganet.org/gbi/cit)



## THE FINAL INSPECTION! *Author unknown*

The Soldier stood and faced God,  
Which must always come to pass.  
He hoped his shoes were shining,  
Just as brightly as his brass.

'Step forward now, Soldier,  
How shall I deal with you?  
Have you always turned the other  
cheek?  
To My Church have you been true?'

The soldier squared his shoulders  
and said, 'no, Lord, I guess I ain't.  
Because those of us who carry guns,  
Can't always be a saint.

I've had to work most Sundays,  
And at times my talk was tough.  
And sometimes I've been violent,  
Because the world is awfully rough.

But, I never took a penny,  
That wasn't mine to keep.  
Though I worked a lot of overtime,  
When the bills just got too steep.

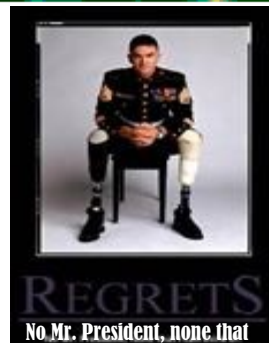
And I never passed a cry for help,  
Though at times I shook with fear.  
And sometimes, God, forgive me,  
I've wept unmanly tears.

I know I don't deserve a place,  
Among the people here.  
They never wanted me around,  
Except to calm their fears

If you've a place for me here, Lord,  
It needn't be so grand.  
I never expected or had too much,  
But if you don't, I'll understand.

There was a silence all around the  
throne,  
Where the saints had often trod.  
As the Soldier waited quietly,  
For the judgment of his God.

'Step forward now, you Soldier,  
You've borne your burdens well.  
Walk peacefully on Heaven's streets,  
You've done your time in Hell.'



**It's the Soldier, not the reporter  
Who has given us the freedom of the press.**

**It's the Soldier, not the poet,  
Who has given us the freedom of speech.**

**It's the Soldier, not the politicians that ensures  
Our right to Life, Liberty and the Pursuit  
of Happiness.**

**It's the Soldier who salutes the flag,  
Who serves beneath the flag,  
And whose coffin is draped by the flag.**



**Please support our soldiers... We wouldn't be here without them!**



### **Men and Mental Health**

"It starts slowly and the only person you're talking to is yourself. You're lost. It's dark, the pain is twenty-four seven... you just want it to end... I'd drink and... I tried to numb my head... but you have to deal with it. It doesn't just go away." - Patrick McCathern, First Sergeant, U.S. Air Force, Retired

"I lost interest with the kids and doing things that we used to do... they'd ask their mother, 'Why is Daddy not getting up and not wanting to do anything with us?' 'Did we do anything?' They didn't do anything to me. I just didn't want to do anything." - Rene Ruballo, Police Officer

"My daily routine was shot. I didn't have the energy to do anything. I got up because the dog had to be walked and my wife needed to go to work. The day would go by and I didn't know where it went. I wanted to get back to normal. I just wanted to be myself again." - Jimmy Brown, Firefighter

\*<http://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>

### **NATIONAL CENTER FOR PTSD**

#### **PTSD and Trauma**

PTSD is a mental health problem that can occur after someone goes through a traumatic event like war, assault, or disaster.

#### **PTSD Coach Online**

Learn to manage troubling symptoms following trauma, such as: sleep, trauma reminders, or anger. Get started with PTSD Coach Online.

For more info., visit: <http://www.ptsd.va.gov/>

## ***Yes, I want to join NAMI-Savannah!***

### **MISSION STATEMENT**

To provide support, education, advocacy, and research for persons with mental illness and their families.

To promote better quality of care, rights and interests of citizens with mental illness, particularly those who cannot speak for themselves, and to advocate policies at the local, state, and national levels to accomplish these objectives.

To help families and friends of persons with mental illness by providing emotional support, education, and information.



The grassroots logo symbolizes our local community effort to support families



### **YES, I want to join NAMI-Savannah!**

*Dues to join NAMI-Savannah are split between local, state, and national offices and members receive information from all three levels. Donations above and beyond membership dues are always welcome to support the local efforts of NAMI-Savannah.*

**I want to: (please check one)**

☐ **join NAMI**

☐ **renew membership for one year**

#### **Dues**

\_\_\_\_\_ \$35 Regular Membership

\_\_\_\_\_ \$3 Open Door (for low income)



**Send to:**  
**NAMI-Savannah, Inc.**  
**P.O. Box 13731**  
**Savannah, GA 31406**

**[namisavannah.org](http://namisavannah.org)**

**[nami-savannah@namisavannah.org](mailto:nami-savannah@namisavannah.org)**

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

**Name:**

**Address:**

**City:**

**State:**

**Zip:**

**Phone:**

**Email:**

☐ **Check Enclosed**

**NAMI-Savannah, Inc.**  
**7805 Waters Ave., 2B**  
**P. O. Box 13731**  
**Savannah, GA 31406**  
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**SUPPORT**

**EDUCATION**

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