

October 2017 NAMI Greater Des Moines newsletter has been posted! [Read it here](#)

Other posts to the site:

- A document of additional articles, videos and information from around the nation.
- Tell your story – go to our website [here](#)

THE WORLD MENTAL HEALTH DAY 2017 PLEDGE

World Mental Health Day is Oct. 10 The focus is on the world of business - commit your team to do your best at being proactive in promoting:

- Appreciation of employees and workers
- Creating of a supportive environment
- Identification of early signs of burnout
- Creating an organizational culture which reflects value systems and beliefs
- Stress management
- Building awareness and reducing stigma
- Mental health wellness and providing support for employees who need it.

Teens and Young Adults and Mental Illness

Our newest program, [NAMI Ending the Silence](#), is a 50-minute presentation for middle and high school students to help them understand mental illness. The program teaches them common warning signs and when, where and how to get help for themselves or for their friends. During the presentation, they hear the reality of what

Upcoming Events

Get Involved

Tues Oct. 3	Iowa Mental Health Conference Airport Holiday Inn Fleur Drive, Des Moines 7:30 AM to 4 PM click here for more information
Tues Oct. 17	5th Annual Iowa School Mental Health Conference Drake U - Olmsted Center For more information, please click here .
Sat Oct 28	Father Orr will be having a Mass for Mental Health Awareness on Saturday, October 28 th , 5pm, at Our Lady's Immaculate Heart Catholic Church, 510 E. First St., Ankeny . Everyone welcome. Questions, call 515-777-0191
Sun Oct. 29	Encore Performance of " This is My Brave " Ankeny First United Methodist Church, 206 SW Walnut St., Ankeny 2-4 PM

living with a mental health condition is like directly from a young adult with lived experience.

In addition to teaching teens about mental health, we also want to encourage them to be open and share their struggles in a safe space. [OK2Talk](#) is our story sharing platform for teens and young adults struggling with mental health problems to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

Once they reach the college age, we want them to be prepared for any mental health challenges. Our [College Guide](#) explains privacy laws, provides various on-campus resources and teaches what to do when a mental health condition arises. We also have an accompanying video series to encourage college-bound young adults to talk with their families about their mental health.

For any young adults experiencing symptoms of psychosis, we have new [First Episode Psychosis](#) fact sheets explaining what FEP is, what to do if you're experiencing psychosis, how to encourage people to seek help and tips for school staff and coaches to intervene early.

If a crisis occurs, our partner, Crisis Text Line, is offering a back-to-school resource called the [School Toolkit](#). The kit contains tips on how to handle a crisis, handouts on what you can do, and more.



[Click Here to view all of our events!](#)

NAMI Resources

Community Resources

Click the below links for additional resources, support groups, and education materials.

[Scheduled Classes and Trainings](#)

[Educational Classes and Opportunities](#)

[Crisis Information](#)

[School Resources](#)

[Legislation and Advocacy](#)

Amazon Smiles

Remember, if you want **Amazon to donate to National Alliance On Mental Illness of Greater Des Moines**, you need to **start each shopping session at** the URL <http://smile.amazon.com>. You need to select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Choose: **National Alliance On Mental Illness Of Greater Des Moines**

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