



E-NEWS

WE ENVISION A COMMUNITY, FREE OF STIGMA, THAT SUPPORTS AND PROMOTES MENTAL HEALTH AND RECOVERY.

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A Message from our Executive Director

Dear NAMI Fox Valley friends:

During this time of heightened stress and isolation, paying attention to and cultivating mental health is critically important. Although our physical locations currently are closed, NAMI Fox Valley staff and volunteers remain committed to providing mental health resources and support to individuals and families.

Our Iris Place warm line is operating 24/7 to provide one-on-one peer support and we are offering a number of online support groups for peers and family members. You can read more about those resources below.

Our multi-week family and peer education courses and our day-long community mental health workshops scheduled for this spring and early summer have been canceled. We are, however, exploring options for online education opportunities that can be implemented if the need for physical distancing continues. Stay tuned!

Most importantly, we want you to know that we are thinking of you and that we are here to support you. If you have questions about resources or ways to connect to and receive support during this time, feel free to email us at info@namifoxvalley.org.

Take good care,
Maren



Maren Peterson
Executive Director
NAMI Fox Valley



Peer Support Warm Line

Struggling? Please remember that the Iris

PEER SUPPORT WARM LINE

(920)815-3217



be kind.

Place peer-support warm line is operating 24/7 at this time.

Our warm line is a form of social support for anyone experiencing emotional distress related to mental health and/or substance abuse. The warm line offers a judgement-free conversation with an experienced peer support specialist.

When you call, please leave a message and you will receive a call from a peer support specialist within 4 hours.

Online Support Groups

Due to public health concerns related to Covid-19, NAMI Fox Valley's in-person support groups have been suspended until further notice. During this time, we are offering a number of online support groups using the Zoom platform. Zoom is a free video conference program that can be used on a desktop or laptop computer, tablet, or smartphone. You do NOT need to create a Zoom account or download an app to join our meetings.



We are offering online support groups both for individuals who live with mental health challenges and for family members of such individuals. All of our support groups are led by trained facilitators who have personal lived experience. Our facilitators are not professional therapists and our groups are not intended to replace therapeutic counseling. We offer peer support and understanding based on the wisdom of lived experience.

Our current online support group offerings are for adults 18 and over, and include:

- A support group for anyone living with mental health challenges
- A support group specifically for those who identify with suicidal ideation
- A support group specifically for young adults (18-26) living with mental health challenges
- A support group for family members of those living with mental health challenges
- A support group specifically for parents/caregivers of school-aged children living with mental health challenges

If you are interested in receiving more information on NAMI Fox Valley's online support groups, please fill out the interest form below. You will then receive an email with registration instructions and the current schedule for the group(s) in which you are interested.

Questions regarding the online support groups should be directed to Vicki Rivera at vicki@namifoxvalley.org.

Fill Out Interest Form

NAMIWalks Fox Valley



**Saturday
October 3, 2020***

**Fox Cities Stadium
2400 N. Casaloma Dr.
Appleton, WI 54913**

**Check In: 8 a.m.
Start Time: 9:15 a.m.**

Join Us!



NAMIWalks Fox Valley brings together people of all ages and fitness levels to combat stigma, raise funds and promote mental-health awareness. Instead of paying a registration fee, participants build teams, share stories, raise awareness and raise funds to support mental-health programs that serve thousands of community members every year.

Kick-Off & Open House

**Thursday
August 13, 2020***

**NAMI Fox Valley
211 E. Franklin St.
Appleton, WI 54911**

Drop In Anytime | 4-6 p.m.

Join us for a fun gathering of Team Captains, Walk Star Fundraisers, and community members looking to join the NAMIWalks movement! Take a tour of NAMI Fox Valley, enjoy complimentary pizza and beverages, collect walk materials and learn how to build your best fundraising team ever! Register at: www.namifoxvalley.org/namiwalks

Register Today!

*In the event that group gatherings remain unadvisable for public health reasons, virtual

options will be explored to replace in-person events.

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