



# nami

# nami mid-valley

The Nation's Voice on Mental Illness

Jan - Feb - Mar 2021

## Great Opportunity: Willa Goodfellow to Speak on February 10

Does your depression keep coming back?  
Are your antidepressant side effects dreadful?  
Are you curious about the bipolar spectrum?  
Do you care for somebody who might have more than depression?

Willa Goodfellow, author of the funny and informative book, Prozac Monologues: A Voice From the Edge, will talk about her own search for the right diagnosis and the right treatment in a Zoom presentation for NAMI Mid-Valley on Wednesday, February 10th @ 7:00 PM. The presentation will last an hour and a half with time for questions and answers, including a discussion of how you know if you need help with your COVID-related depression.



To register for the upcoming Zoom presentation please email: [president@namimidvalley.org](mailto:president@namimidvalley.org) or phone: NAMI @ 541-745-2064

You can learn more about our speaker and her story at [willagoodfellow.com](http://willagoodfellow.com)

*About her book...*

“Prozac Monologues: A Voice from the Edge is a book within a book, part memoir of misdiagnosis and part self-help guide about the bipolar spectrum.”  
- From [prozacmonologues.com](http://prozacmonologues.com)

### Advisory Committee

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**NAMI Mid-Valley Website**  
[www.namimidvalley.org](http://www.namimidvalley.org)

**NAMI Mid-Valley Email**  
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**NAMI Mid-Valley Phone**  
541-745-2064

**NAMI Mid-Valley Mailing Address**  
P.O. Box 1172  
Corvallis, OR 97339-1172

## **FIND HELP. FIND HOPE. AT NAMI.**

Our communities are under a tremendous amount of stress and anxiety. Covid-19, economic uncertainty, wildfires, current events — it can seem like the world is spiraling. You, your child, or a loved one may be experiencing symptoms of depression or anxiety, or coping with emotional impacts that are causing some level of disruption to daily living.

Sometimes we can cope on our own. But sometimes, we benefit from recognizing what's happening to ourselves or our loved ones and reaching out for help. But where do we start? How do we know what kind of help to seek? Will we be judged if we seek help? Shouldn't we be able to deal with this on our own? These are common questions. First, we hope it's reassuring to know you that what you're experiencing is normal.

Second, you aren't alone. NAMI is an education, support, and advocacy organization composed of individuals and families who know what it's like. We live with this, too.

At NAMI, you'll find:

- A Resource Helpline (503-230-8009; weekdays 9AM-5PM) where we can help assist you to navigate what seems like a mysterious journey.  
Specialized support groups for:
  - Anyone living with a mental health condition.
  - Parents/caregivers raising school-age children.
  - Family members and friends with an adult loved one in their life who lives with a mental health condition.
  - Education classes that inform you about mental health conditions, wellness, advocacy in the health system, and other vital information that will help you and your family.

Everything at NAMI is peer based. When you take one of our programs, they are taught and facilitated by people who share your lived experience. When you call our Resource Helpline, it is answered by trained staff and volunteers who also have struggled with questions such as where to start. If you or a loved one are struggling, we encourage you to reach out. We're here.

From the NAMI Oregon website: <https://namior.org/>

See also Page 3 for specific support online supportgroups.

## **Suicide Prevention & Mental Health First Aid Classes in Linn & Benton Counties**

Samaritan Health Services is not holding any Mental Health First Aid Classes at this time due to COVID-19.

## **Donations - Thank You!**

Jeannie and Holly Lasley

Richard and Barbara White

## **New Help Line Available**

The Oregon Health Authority (OHA) and Lines for Life are working together to launch a new helpline to address impacts of COVID-19 and the wildfire season.

Portland-based nonprofit Lines for Life and OHA launched the Safe + Strong Helpline at 800-923-4357 (800-923-HELP). The line offers free, 24/7 emotional support and resource referral to everyone, not only those experiencing mental health crisis.

## STATEWIDE ONLINE SUPPORT GROUPS

### NAMI Connection Support Groups (Peer-led)

*Open to adults 18 and older statewide who live with mental illness.*

- **Sundays 6-7:30 PM**  
Registration URL: <https://zoom.us/meeting/register/upQldeGrqD0ugyewb1BflidiKa8NBHLLCQ>
- **Mondays 6-8 PM**  
Registration URL: <https://zoom.us/meeting/register/vpUkdOGprTlitWZCfRFHf7GvOYx-rH1bmq>
- **Tuesdays 1:30-3 PM**  
Registration URL: <https://zoom.us/meeting/register/uJYodeGoqjoppJ7PcvOZcoemZEPwsHScrQ>
- **Tuesdays 6:30-8 PM (Young adults ages 18-35)**  
Registration URL: <https://us02web.zoom.us/meeting/register/tZlKf-gurzouGtYrgnTb-p4rpdnSUIldr49Dk>
- **2nd Tuesday of every month 7:30-9 PM**  
Registration URL: <https://zoom.us/meeting/register/vJEuc-utqjsifxVVgo4uYZrqmo3qehkFmq>
- **Wednesdays 2-3:30 PM**  
Registration URL: <https://zoom.us/meeting/register/uJQlce6urjkpjhXtBfQvAl-uVlqH-mZbJw>
- **Wednesdays 6:30-8:30 PM**  
Registration URL: <https://zoom.us/meeting/register/upcvcOmrrDkpSG6ipaSYt1wPowZxrKWaAg>

### NAMI Family Support Groups

*Open to adults 18 and older statewide who have a family member or loved one who lives with mental illness.*

- **1st Monday of every month 6:30-8 PM**  
Registration URL: <https://zoom.us/meeting/register/tJloceGhrjggV2UKqP0Hn0jiECyEs5PJWQ>
- **1st & 3rd Tuesday of every month 7-8:30 PM**  
Registration URL: <https://zoom.us/meeting/register/tJwtc-GggD4oHN22N5tDDanWhuAT0jhg4WVR>
- **2nd Tuesday of every month 7:30-9 PM**  
Registration URL: [https://zoom.us/meeting/register/v5MqduCoqDMq\\_ah3jZ6NKKlqprUSewDedQ](https://zoom.us/meeting/register/v5MqduCoqDMq_ah3jZ6NKKlqprUSewDedQ)
- **3rd Tuesday of every month 5:15-6:45 PM**  
Registration URL: <https://zoom.us/meeting/register/v5cqf-ytrDMuo1X5n-Cto13-sdA1c4I-Sw>
- **Every Thursday 7-9 PM**  
Registration URL: <https://zoom.us/meeting/register/tZMoc-GhrDoiw6Y9iYUmpf78cU2MLWDcRA>
- **Last Thursday of every month 5:30-6:45 PM**  
Registration URL: <https://zoom.us/meeting/register/tJUpcumsrDItAeeAYSoQ5dmFPuwAi4EXcg>
- **1st Saturday of every month 10-11:30 AM**  
Registration URL: <https://zoom.us/meeting/register/v5Aude6qgz4gg6rcAXLQERijDvA3RjUHww>
- **3rd Saturday of every month 9-10:30 AM**  
Registration URL: [https://zoom.us/meeting/register/tZApdemgrDoqvpvmKyUrtk6TRobQmJ2\\_YQ](https://zoom.us/meeting/register/tZApdemgrDoqvpvmKyUrtk6TRobQmJ2_YQ)

*(Continued on Page 4)*

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## **NAMI Parent Support Groups**

*Open to parents and other caregivers of children & adolescents with mental health and behavior issues statewide*

- **Talk It Over Support Group – Sundays 4-6 PM**  
Registration URL: <https://zoom.us/join/joinMeetingUrl>
- **Multnomah Parent Support Group – Wednesdays 4 – 5:30 PM**  
To register: Call NAMI Multnomah at 503-228-5692

## **NAMI Mid-Valley Classes and Support Groups**

**Corvallis Family Support Group** meets twice monthly, virtually and online on the first and third Tuesday of each month on the Zoom platform. Meetings begin at 7:00PM until 8:30PM.

*Open to adults 18 and older in Linn and Benton Counties who have a family member or loved one who lives with mental illness.*

Questions? Email: [NAMIMV@sbcglobal.net](mailto:NAMIMV@sbcglobal.net)

TO REGISTER: <https://zoom.us/join/joinMeetingUrl>

**Newport Family Support Group** meets once monthly on the third Thursday via Zoom at 6:30-7:30 PM of each month. Please check for current information and changes due to the COVID-19 by emailing: [lcname@peak.org](mailto:lcname@peak.org).

**Connection Peer-to-Peer Support Group** is on hold for right now. We were going to start meeting in person again, but the recent surge in COVID-19 cases in Oregon has put a damper on that. Please email Monica at [namiemailist@gmail.com](mailto:namiemailist@gmail.com) with questions.

In the meantime, if you find yourself in a crisis situation you can text “NAMI” TO 741741. For the Benton County Crisis and Information Hotline call: 1-888-232-7192, 24 hours a day. In Linn County call: 1-800-304-7468.

## **Oregon Wildfire Resources**

Our hearts go out to everyone impacted by wildfires this year. A new website, <https://wildfire.oregon.gov/>, has many resources available, including:

- How to [apply for federal disaster relief](#) assistance, even if you sustained uninsured losses
- How to [receive your ballot](#) to vote if you have been displaced by wildfires
- If you need to replace prescriptions and medical equipment lost due to fire damage and have the [Oregon Health Plan](#) (OHP), you can contact your [coordinated care organization](#) at 800-273-0557 for assistance
- What to do when [returning to a home](#) that survived the fires
- How to file a claim as a homeowner or small business owner
- [Finding food](#) and other supplies
- [Replacing vital records](#) lost due to fire damage

See our [wildfire resources](#) page for more information on these and other resources. You can also call [211 Info](#) for help locating resources in Oregon and Washington. Questions? Feel free to email us at [namioregon@namior.org](mailto:namioregon@namior.org), or call us between 9 a.m. and 5 p.m. Monday-Friday, at (503) 230-8009.Ore

## Helpful Phone Numbers

NAMI Mid- Valley	541-745-2064	NAMI Oregon	1-800-343-6264
Benton County Crisis	1-888-232-7192	Lincoln County Crisis	1-888-232-7192
Linn County Crisis	1-800-304-7468	National Suicide Prevention Life-line	1-800-273-8255
Benton County Mental Health	541-766-6835	Lincoln County Mental Health	541-574-5960
Linn County Mental Health	541-967-3866	24/7 Crisis Text Line	Text OREGON to 741741
Linn Benton Housing Authority	541-926-4497	Pastoral Counseling	541-753-9217
Community Outreach	541-758-3000	Oregon Family Support Network	541-740-6306
David Romprey Oregon Warmline	1-800-698-2392	Social Security, Albany	1-800-772-1213
Safe + Strong Helpline	800-923-4357 (800-923-HELP)		

### Membership Application

**NAMI Mid-Valley** is a local, volunteer, non-profit organization of families, friends and people with mental illness. Membership includes membership in NAMI (National Alliance on Mental Illness), in NAMI Oregon, NAMI Mid-Valley and the newsletter. Send to NAMI Mid-Valley, P.O. Box 1172, Corvallis, OR 97339-1172

Family --\$60/yr.  Individual—\$40/yr.  “Open Door”--\$5/yr.  Donation\_\_\_\_\_

Name:\_\_\_\_\_ Phone:\_\_\_\_\_

E-mail\_\_\_\_\_

Address:\_\_\_\_\_ Apt. no. \_\_\_\_\_

City:\_\_\_\_\_ State:\_\_\_\_\_ Zip:\_\_\_\_\_

*If you still get a paper copy of this newsletter, would you be willing to receive it electronically? If so, please e-mail Monica Drost at: [namiemallist@gmail.com](mailto:namiemallist@gmail.com)*

**NAMI MID-VALLEY**  
**P.O. BOX 1172**  
**CORVALLIS, OR**  
**97339-1172**

**RETURN SERVICE REQUESTED**

**Jan - Feb - Mar 2021**



Message Phone: 541-745-2064    [namimidvalley.org](http://namimidvalley.org)