



Mission Statement

The National Alliance on Mental Illness Jeffco is a non-profit, all volunteer organization established in 1987. We are affiliated with the National Alliance on Mental Illness (NAMI) and NAMI Colorado. Our mission is to gain a comprehensive and effective system of care and treatment for people experiencing a mental illness, and their families, by promoting community support programs.

Board of Directors

President
Leona Paul

Treasurer
Karen Keeran

Secretary
Shelbi Souther

Education Night Coordinator
Maggie Torley

Special Events Coordinator
Red Torley

Board Member
Margaret Elmer

If you are interested in becoming a board member of NAMI Jeffco, please contact us at namijeffco2015@gmail.com.

Become a Member!
[NAMI Jeffco Membership](#)
Indicate NAMI Jeffco as your affiliate.

President's Corner

Greetings!

I am so pleased to announce we are launching our newsletter publications on a quarterly basis to better inform our loyal and dedicated members, volunteers, families, and supporters of all the exciting things going on at NAMI Jeffco, as well as things happening in NAMI overall. Our newsletters will be easily available to you in the future by signing up on our email list. You can do that by going to our website at <https://www.namijeffco.org> and clicking on Join Our Email List. You will not only receive our newsletter, but you will also get notification of our special events, classes, and groups we offer. You can also opt-out of the email list at any time, if you wish. We will also post the newsletter on our website.



The most exciting news to share is a new program called NAMI Ending the Silence has been launched as a result a generous donation from Community First Foundation. NAMI Ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point and short videos. There are three types of Ending the Silence presentations: one for Students, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, all 3 presentations include personal testimony from a young adult living with a mental health condition and his/her journey to recovery.

We are now recruiting for adult and young adult presenters. **We cannot offer the program without presenters, obviously, so your help is so needed!** The training is free, online, and easy. If you are an adult (over 35) or a young person (18-35) living with a mental health condition and you are interested, please contact us. With your help and support we can make a huge impact in our community and in the lives of young people and the adults in their lives.

We look forward to hearing from you and receiving any suggestions on how to make our newsletter better.

Leona Paul, President

Quarterly Updates



The turnout for Colorado NAMI Walks 2018 was fantastic, even in the rain! We would like to extend a HUGE thank you to everyone who took part in the event and for doing your part to end the stigma of mental illness. The final accounting is in and NAMI Jeffco received \$4,347.50. See you all next year!



We want to hear from YOU!

As part of this newsletter, we would like to invite you to share your experiences with mental health conditions and how NAMI Jeffco has made a difference in your life. If you would like to contribute and be featured in the next newsletter, please send us an email to namijeffco2015@gmail.com with the subject *My Voice Matters*. We will not publish your story, or any photographs, without your consent, so please provide your consent along with your email. Every story is unique, and we would love to hear yours!

Do you want to stay current on the latest NAMI Jeffco updates?

Check out our website at www.namijeffco.org and for current schedules and classes!

And be sure to connect with us on Facebook:



Did you know NAMI Jeffco receives 0.5% of the price of your eligible AmazonSmile purchases? AmazonSmile is the same Amazon you know. Same products, same prices, same service. Please support us by starting your shopping [Right Here!](#)

5 Common Myths About Suicide Debunked

By Kristen Fuller, M.D. | Sep. 06, 2018



Suicide affects all people. Within the [past year](#), about 41,000 individuals died by suicide, 1.3 million adults have attempted suicide, 2.7 million adults have had a plan to attempt suicide and 9.3 million adults have had suicidal thoughts.

Unfortunately, our society often paints suicide the way they would a prison sentence—a permanent situation that brands an individual. However, suicidal ideation is not a brand or a label, it is a sign that an individual is suffering deeply and must seek treatment. And it is falsehoods like these that can prevent people from getting the help they need to get better.

Debunking the common myths associated with suicide can help society realize the importance of helping others seek treatment and show individuals the importance of addressing their mental health challenges.

Here are some of the most common myths and facts about suicide.

Myth: *Suicide only affects individuals with a mental health condition.*

Fact: Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness. Relationship problems and other life stressors such as criminal/legal matters, persecution, eviction/loss of home, death of a loved one, a devastating or debilitating illness, trauma, sexual abuse, rejection, and recent or impending crises are also associated with suicidal thoughts and attempts.

Myth: *Once an individual is suicidal, he or she will always remain suicidal.*

Fact: Active suicidal ideation is often short-term and situation-specific. Studies have shown that approximately [54%](#) of individuals who have died by suicide did not have a diagnosable mental health disorder. And for those with mental illness, the proper treatment can help to reduce symptoms.

The act of suicide is often an attempt to control deep, painful emotions and thoughts an individual is experiencing. Once these thoughts dissipate, so will the suicidal ideation. While suicidal thoughts can return, they are not permanent. An individual with suicidal thoughts and attempts can live a long, successful life.

Myth: *Most suicides happen suddenly without warning.*

Fact: Warning signs—verbally or behaviorally—precede most suicides. Therefore, it's important to [learn and understand the warnings signs](#) associated with suicide. Many individuals who are suicidal may only show warning signs to those closest to them. These loved ones may not recognize what's going on, which is how it may seem like the suicide was sudden or without warning.

Myth: *People who die by suicide are selfish and take the easy way out.*

Fact: Typically, people do not die by suicide because they do not want to live—people die by suicide because they want to end their suffering. These individuals are suffering so deeply that they feel helpless and hopeless. Individuals who experience suicidal ideations do not do so by choice. They are not simply, “thinking of themselves,” but rather they are going through a very serious mental health symptom due to either mental illness or a difficult life situation.

Myth: *Talking about suicide will lead to and encourage suicide.*

Fact: There is a widespread stigma associated with suicide and as a result, many people are afraid to speak about it. Talking about suicide not only reduces the stigma, but also allows individuals to seek help, rethink their opinions and share their story with others. We all need to talk more about suicide.

Debunking these common myths about suicide can hopefully allow individuals to look at suicide from a different angle—one of understanding and compassion for an individual who is internally struggling. Maybe they are struggling with a mental illness or maybe they are under extreme pressure and do not have healthy coping skills or a strong support system.

As a society, we should not be afraid to speak up about suicide, to speak up about mental illness or to seek out treatment for an individual who is in need. Eliminating the stigma starts by understanding why suicide occurs and advocating for mental health awareness within our communities. There are [suicide hotlines](#), mental health [support groups](#), online community resources and many [mental health professionals](#) who can help any individual who is struggling with unhealthy thoughts and emotions.

Kristen Fuller M.D. is a family medicine physician with a passion for mental health. She spends her days writing content for a well-known mental health and eating disorder treatment facility, treating patients in the Emergency Room and managing an outdoor women's blog. To read more of Dr. Fuller's work visit her [Psychology Today](#) blog and her outdoor blog, [GoldenStateofMinds](#).

This article was a NAMI blog posted on the NAMI.org website: <https://www.nami.org/Blogs/NAMI-Blog/September-2018/5-Common-Myths-About-Suicide-Debunked>

NAMI Support & Education Programs



NAMI Family-to-Family Classes are free, 12-session educational program for family, significant others and friends of people living with mental illness taught by NAMI-trained facilitators. These programs provide critical information and strategies for taking care of the person you love, taking care of yourself and you'll come to discover that you're not alone. Recovery is a journey, and there is hope.

We typically hold two classes at both locations once in the early part of the year and once in the fall.

Registration is required for the course. Starting dates vary, and registration can be done on our website.

First Location
 Thursday evenings, 6:30 to 9:00 pm
 Jefferson Center for Mental Health
 Clear Creek Conference Room
 4851 Independence Street
 Wheatridge CO 80033

Second Location
 Tuesday evenings, 6:30 to 9:00 pm
 9200 West Cross Drive
 Between Southwest Plaza and Target
 via West Bowles
 Littleton CO 80123



NAMI Family-to-Family Support Group is an important resource for families who have a loved one with a mental illness. Knowing that others have had the same experience is a relief to families who have seldom spoken about mental illness to neighbors, friends, or often, even relatives. Learning that other have been able to work out some common issues can inspire hope. Through the NAMI Family Support Groups, you will find a network of friends who care and understand, ideas that help you take care of yourself and your family, and a chance to share your experience and learn from others who have been there.

First Location
 Third Wednesday of every month
 7:00 to 8:30 pm
 Jefferson Center for Mental Health
 Clear Creek Conference Room
 4851 Independence Street
 Wheatridge CO 80033

Second Location
 First and Third Thursday of every month
 6:30 to 8:30 pm
 Red Rocks Fellowship Church
 11195 W Belleview Ave
 Littleton CO 80127.
 (The church is between Simms and Kipling on W Belleview.)

Join our Wheatridge Meeting Up Group at <https://www.meetup.com/NAMI-Jeffco-Family-to-Family-Support-Group-WR/>



This group is a peer-based, mutual support group program for any adult living with a mental illness. Connection groups provide a place for individuals who have in common the experience of living with mental illness, to share experiences and use them as learning opportunities. Groups are a safe space to confront the challenges that all people face, regardless of diagnosis.

This group meets every Thursday from 6:30pm to 8pm
Discover Community Church
8200 Southpark Circle, Unit B
Littleton, CO 80120

Join our Meetup group at <https://www.meetup.com/NAMI-JEFFCO-YOUNG-ADULT-GROUP/>

Additional NAMI Jeffco Programs

For dates and details visit our website at www.namijeffco.org

EDUCATION NIGHT

The first Wednesday of every month, except July, August, December and January, we host a free education night on a wide variety of topics. The doors to the Jefferson Center are locked at 7 pm. For late arrivals contact us at 720-809-5060.

Location and Time

7:00 to 8:00 pm

Jefferson Center for Mental Health
4851 Independence St.
Coal Creek Conference Room
Wheat Ridge, CO 80033

(Doors to the building lock at 7 pm. Call us at 720-809-5060 for late arrivals)

Join our Meeting Up Group at <https://www.meetup.com/NAMI-Jeffco-Education-Night-Meetup/>

WELLNESS PROGRAM

In 2016, NAMI Jeffco began a new program centered around the belief that wellness is more than being disease free but is a process of becoming aware of and making choices toward a healthy and fulfilling life. We are partnering with other community businesses and the Jefferson Center for Mental Health to bring classes such as mindfulness/meditation, nutrition/cooking, writing for wellness, and weight management.

Join our Meetup group and see what classes and events are happening! <https://www.meetup.com/Wheat-Ridge-Fitness-Meetup/>

7:00 to 8:00 pm
Jefferson Center for Mental Health
Clear Creek Conference Room - First Floor
4851 Independence Street
Wheat Ridge, CO 80033