

NAMI SANTA CRUZ NEWSLETTER

Speaker Meeting | NAMI at Home | Community Needs

NAMI at Home

We are offering all of our support groups at their regular times via Zoom!

- Free
- Drop-in friendly
- Groups for individuals with mental health challenges
- Groups for family members and loved ones (also in Spanish!)

For more information & link to join, visit www.namisc.org and click on the "Groups" tab

Help Line

If you are looking for support or resources, please call our help line at **(831)-427-8020 x7**. One of our trained volunteers will call you back within 24 hours.

Masks Needed!

El Dorado Center is in need of masks for their clients. If you, or someone you know, can donate masks, or please contact madea.owen@encompasscs.org

Questions?

Visit www.namisc.org

Call our office at **(831)-824-0406**

Email us at info@namisc.org



Join us for our virtual Speaker Meeting!

Mental Health First Aid for COVID-19

Wednesday, May 20th

Program 6:30 - 7:30

Live Q/A 7:30 - 8:00

Link to join at www.namisc.org

Debra Sloss, host of KSQD's radio show *State of Mind*, is joined by NAMI-SCC's Program Manager, Anastasia Baboulevitch, and psychotherapist Kara Bowman, LMFT to talk about practical ways to cope with the profound impacts the COVID-19 outbreak is having on those with mental health conditions. Join us for a live Q&A after the interview!

