

February 2019 NAMI Greater Des Moines newsletter has been posted! [Read it here](#)

Other new posts:

- A document of **additional mental health articles** from around the nation is posted at the same location as the February 2019 NAMI Greater Des Moines newsletter
- *The 2019 Program Guide* is posted [here](#). Contact director@namiqdm.org or call 515-850-1467 or 515-277-0672 to sign up or request additional information.
- **Believing in Yourself:** *HealthyPlace.com*
Believing in yourself is an important part of mental health. It's an attitude and core belief that helps you create a quality life despite challenges. So often, though, [mental illness](#) and [personality disorders](#) distort the opinions we hold about ourselves.

It can feel as though [we are our mental illness](#); therefore, we risk believing that we're worthless. We feel like we're inherently damaged, we think we're valueless, and by extension, we behave as though we're insignificant to ourselves and everyone around us. This belief system is real, **but it isn't reality.**

Upcoming Events



Get Involved

Health advocates say schizophrenia should be reclassified as a brain disease

POLITICO - Changing the definition could unlock more money for cures. [Read the full story](#)

Tuesday, Feb. 5 - Mental Health, Mind Matters Exhibit opens at the **Science Center of Iowa**

Tuesday, Feb. 5 – 8AM to 4 PM – **AMOS Day at the Capitol for Mental Health**
Contact Jan to participate
junderkoflerbrown@gmail.com

Believing in yourself has nothing to do with whether you live with mental illness. Because mental disorders are something we experience rather than who we are at our core, you can develop self-confidence, self-esteem, no matter what you are facing. Here are some tips for believing in yourself when mental illness stops you:

- Catch yourself being self-critical, and re-state your thoughts to make them self-affirming
- Keep a dedicated notebook to record positive things you notice about yourself, big and small
- Accept mistakes and imperfections as part of the human experience rather than berating yourself for them
- Write meaningful [positive affirmations to improve your self-esteem](#) and read them multiple times daily

Repeat these steps with patience. You've been hard on yourself for a long time. Coming to believe in yourself is a process that takes time.

- **NAMI Iowa** legislative priorities - **click [here](#)**.
- **Iowa State Association of Counties** legislative priorities - "#MentalHealthMattersIA" campaign, see video [here](#), see more videos [here](#)

ISAC is calling for the elimination of the regional mental health levy caps so counties can meet the regional budgetary needs and the removal of carry forward balance restrictions so counties have the resources to fund newly required and existing programs without significant changes in property taxes.

Friday and Saturday, March 8 and 9 – AMOS 2 day training

on how to organize
Contact Liz Hall for more information
lizhall.iaf@gmail.com

Tuesday, March 12 - NAMI Iowa Day on the Hill

Contact Zach Blevins for more information
Zach@namiowa.org

The CDC Weighs in

Bloomberg: A Worrying Rise In Gun Suicides In America

New data from the Centers for Disease Control and Prevention highlights the growing problem of firearm suicides in the U.S. Since 2008, the rate of gun suicides has risen 22 percent and is driving the increase in gun-related deaths. (Suicides make up almost two-thirds of all gun-related deaths.) Among children and teens in particular, the gun-suicide rate is up more than 76 percent. Although only a small percentage of suicide attempts are made with a firearm, more than half of all suicide deaths are carried out with one. The primary victims are older white men. (12/27)

[Boston Globe](#) – 11-4-18 – Research on Gun Suicides Shows: The Enemy is Inside the House.

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

Financial constraints that have been placed on the counties must be released so that they are able to develop and expand mental health services for children and to provide services for individuals with complex mental health needs as called for in last year's HF 2456. These constraints will continue to cause instability in both funding and service delivery, as well as dramatic swings in the property tax asking of property owners.

- **Please Pass the Love** legislative priorities
 - Require health classes in the state of Iowa to include education on mental health and suicide prevention
 - Increase number of school counselors to adhere to the American School Counselor's Association (ASCA) recommendation of 1:250 ratio of counselors to students.

NAMI Resources

NAMI GDM website - www.namigdm.org

About Us + more

Get Help

Crisis Information

Illness Information

Support Groups + more

Get Involved

Legislation and Advocacy

Volunteer

Faith

Community Conversation 2.0 + more

Resources + more

News & Events

Newsletters

Scheduled Trainings

Amazon Smile

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/ch/42-1333379>. 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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