

### **Statement from NAMI St. Tammany**

During these uncertain times, NAMI St. Tammany's work is more important than ever as individuals living with mental health care issues practice social distancing. Self-quarantine is difficult for anyone, but those with mental health issues have an even harder time dealing with the depression, stress, and anxiety that comes with the unknown and instability of our current climate.

As our staff works diligently to continue providing valuable resources, we are finding new ways to reach those in need. Our free support groups and educational programs will be moving online by utilizing platforms such as Zoom, Facetime, or simple teleconferencing. With the need increasing, our staff is working with individuals to determine the easiest and most effective ways to continue these programs.

In addition, our Peer Support Specialists who work in local clinics, the criminal justice system, and the NAMI St. Tammany Day Center are working directly with clients via phone calls and emails. They are providing up-to-date local resources which are currently available, and simply providing a check-in so clients can continue working toward their recovery, while remembering that they are not alone.

NAMI St. Tammany is utilizing our free mobile app as a platform to post and share important changes in our community. Staff are working to acquire and prepare current resource documents, post to our mobile app, and share messages through social media, phone calls, and emails. Anyone can download this free app for iOS or Android and share valuable resources across our community. Users are able to anonymously text or email resources and pertinent information without sharing any of their personal contact information. There are no unnecessary downloads required, just simply quick information at your fingertips, allowing our community to help one another through alternative means.

We continue to work closely with local business owners, St. Tammany Parish Government, St. Tammany Parish School System, and various community and service organizations to provide valuable resources. These include informational flyers, tips for students and parents, or anything specific to their audience that can be beneficial during this time of need.

As always, NAMI St. Tammany's phone lines are open Monday through Friday from 9 am to 5pm for free, confidential resources and support. Our mission is to keep our community healthy and connected.

Remember the importance of practicing self-care and know that you are not alone.

NAMI St. Tammany is here for you.