



Mai Family Services
Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

Free Helpline (888)664-8624

- **SAVE THE DATE**
- **MAY IS MENTAL AWARENESS MONTH**
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SAVE THE DATE

ANNUAL WALK-A-THON TO STOP DOMESTIC VIOLENCE

Save The Date

MAI FAMILY SERVICES
ANNUAL WALKATHON 2023
JOIN US THIS SUMMER FOR A
WALK TO STOP DOMESTIC VIOLENCE.

SUNDAY, JUNE 11, 2023
9:00 AM

LAKESHORE PARK
601 S. LAKE DRIVE NOVI, MI 48377

Domestic violence in South Asian communities can appear in psychological, social, physical, sexual, and even financial forms. Psychological, marital interpersonal violence can range from gaslighting to emotional manipulation, but always takes on a tone of guilt to control her/him.

Mai Family Services depends on your contributions to provide vital services to South Asian families in need. We sincerely appreciate your generosity. We hope you will choose Mai Family Services as one of your preferred charities for tax-deductible donations and encourage your friends to do the same.

Visit www.MAIFS.org to learn more.

Please do not wait, pre-register to participate in this event.
[REGISTRATION LINK](#)

MAY IS MENTAL AWARENESS MONTH



Mai Family Services offered the online webinar about decoding mental health and possible strategies to help and support individuals or selves with a renewed focus on healing and understanding. Dr. Farha Abbasi (Lansing Mental Health Task Force and Asst. Professor at MSU in Psychiatry) spoke about how significant and essential it is to have conversations and break the bias and stigma around mental health. MaiFS youth volunteer Eva Tyagi moderated the webinar.

[Here's the Webinar Video](#)

Your mental health matters! Good mental health can help you cope with stress and improve your quality of life. Don't wait for a healthcare provider to ask about your mental health. Start the conversation. Here are five tips to help you get the most out of your visit:

- 1) Talk to a primary care provider
- 2) Prepare ahead of your visit
- 3) Consider bringing a friend or relative
- 4) Be honest
- 5) Ask questions

WARNING SIGNS OF SUICIDE:
The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- ▶ Wanting to die
- ▶ Great guilt or shame
- ▶ Being a burden to others

FEELING:

- ▶ Empty, hopeless, trapped, or having no reason to live
- ▶ Extremely sad, more anxious, agitated, or full of rage
- ▶ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- ▶ Making a plan or researching ways to die
- ▶ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▶ Taking dangerous risks such as driving extremely fast
- ▶ Displaying extreme mood swings
- ▶ Eating or sleeping more or less
- ▶ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741

nimh.nih.gov/suicideprevention

My Mental Health: Do I Need Help?
First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).

nimh.nih.gov/findhelp

NASW-MICHIGAN CONFERENCE

One of the Keynote Speakers



Nasreen Meah, MaiFS BOD

Our board member, Nasreen Meah, LCSW, LMSW, has been passionately advocating for the needs of South Asians in professional communities for decades. In her keynote panel at the National Association for Social Workers Michigan (NASW-MI) chapter's address, Nasreen highlighted the importance of growing awareness of the South Asian community needs. Nasreen also challenged that the country, as a whole, has neglected to meet the unique needs of the South Asian community, which resulted in high attrition rates in many service sectors, especially in the mental health field. Nasreen additionally demanded that professionals gain more training on the mental health needs of the South Asian community.

Nasreen also held a workshop for the professionals to educate them on diversity, the influence of Colonialism, and the effect of the myth of "model minority" on the South Asian community. Nasreen additionally reminded the professionals of the uniqueness of the myriad of social, mental, and health issues this community struggles with in the U.S. that are not addressed in mainstream professional practice due to a lack of importance for the South Asian Community needs.

MaiFS OUTREACH

AT THE SIKH COMMUNITY DAY PARADE, LANSING

The traditional Sikh community, with all its vibrancy, gathered at Louis Adado Park on Grand Ave., in downtown Lansing, MI, to celebrate Vaisakhi on Saturday, May 6th. MaiFS volunteers Iman Grewal, Vatsala Upadhyay, Anu Gopalakrishnan, Lalita Kambhampati, and Preeti Tyagi attended the joyous festival to spread awareness about Mai Family Services, its programs, and services. Over a thousand attendees from all over the country attended this event with several vendors, free authentic Sikh lunch, and several dishes to taste. Attendees were very receptive to the volunteers attending and speaking to them. Our special thanks to Rajesh Sharma and Jassi Oberoi for coordinating this outreach.



MENTAL HEALTH IN-PERSON WORKSHOP ADDRESSES COMMUNITY'S RISING CHALLENGES

1 in 5 adults in the US experienced mental illness=22.8%=57.8 million people in 2021. MaiFS in-person workshop started with this staggering number. Kristen Farmer from Canton PD spoke in detail about various mental health issues that result in behavioral changes. From anxiety disorder and bipolar disorder to schizophrenia and suicide, Kristen spoke about the many beliefs and perceptions around individuals, communities, relationships, and societal paradigms surrounding them. The workshop also covered topics around looking at the warning signs, being a good listener without providing half-baked advice, and being non-judgmental on the issues. This interactive session was the first in the community to open a transparent dialog between parents, young individuals, seniors, and social service workers. Thank you to Ms. Kristen Farmer for an insightful evening. Special thanks to Pavan Purushothaman (MSU grad) for moderating this critical workshop. The workshop video will shortly be available on the www.MAIFS.org website.



UPCOMING EVENTS - MARK YOUR CALENDAR!

- **Annual Walkathon to STOP the Violence** - *Sunday, June 11th*
 - **Senior Day Celebration** - *Sunday, August 20th*
 - **Holiday Banquet** - *Saturday, December 2nd*
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CSU GRANT UPDATE

Since 2017, the CSU-Grant by MaiFS, funded by the Federal and State governments, has been running a unique year-round program with the purpose of providing assistance to South Asian individuals affected by domestic violence. Originally focused on DV Advocacy and life skills support, the CSU Grant has recently expanded its offerings to include limited tuition assistance, advanced training counseling and support, as well as practical job seeking counseling and support.

To learn more about this Program, please visit our website at maifs.org or call Murali Nair at 248-795-4639.

JOB OPPORTUNITIES

- [Assistant Office Manager](#)
- [Case Worker](#)

How to apply:

"Please e-mail a cover letter detailing your relevant experience and resume to Jobs@maifamilyservices.com indicating the position you are applying for in the subject line."

Please provide three references.

We will be accepting applications and interviewing candidates on a rolling basis till the positions are filled.

WAYS TO DONATE

Thank you MaiFS well-wishers and donors for your monetary contribution and your continued support for the work that we do at Mai Family Services. The major portion of the funds collected from our donors is expended in providing direct services to our clients (housing, food, utilities and other necessities) and paying for the infrastructure that supports this work and building awareness through outreach.

Our sincere appeal to you to choose Mai Family Services as your preferred charity for the year 2023 AND beyond for donation.

There are **several ways** you can donate and make a difference in survivors' and their children's lives:

Zelle at admin@maifamilyservices.com

Venmo at [@maifsadmin](#)

Mail a **check** to **32401 W Eight Mile Rd, Livonia, MI 48152**

Scan the QR code to pay by **Credit Card**



Thank you for supporting Mai Family Services!



Our mailing address is:
MAI FAMILY SERVICES
32401 W. Eight Mile Rd
Livonia, MI 48152

