

## Become a Member

When you join NAMI Orange you become a member of NAMI North Carolina and NAMI National. Membership dues are \$35.00 for the calendar year (January-December). "Open Door" membership (\$3.00) is available for those with limited incomes. Your dues give you membership and newsletters from local, state and national NAMI organizations. Your additional donations are used to fund local programs.

- \$35 Individual/Family Membership
- \$3 Open Door Membership
- Donation (tax deductible)

*Please Print*

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

**YES! I would like to receive the NAMI Orange newsletter via email**

\_\_\_\_\_ # household members

I approve sharing my email with NAMI NC and NAMI National

Please make check payable to NAMI Orange and return with this membership application to: NAMI Orange, PO Box 4201, Chapel Hill, NC 27515-4201

I am a (check all that apply):

Parent  Consumer  Sibling  Spouse

Mental Health Professional

Other \_\_\_\_\_

Contact me about volunteer opportunities

NAMI Orange County is a 501(c)(3) organization. Your donation is tax deductible.

**Thank you for your support!**

## Membership Benefits

NAMI Orange is a local affiliate of a National nonprofit grassroots organization that assists families, friends and individuals living with serious mental illness.

Becoming a member of NAMI Orange is a great way to support yourself and/or show your support for a loved one with mental illness.

Your membership dues will help further our important mission and ensure the continued success of the free classes and other programs we offer.

In addition:

You will receive NAMI Orange quarterly newsletters and monthly event notices.

You will receive the quarterly NAMI North Carolina newsletter *Clippings*, with updates on mental health treatment and recovery programs and advocacy efforts in North Carolina, plus details on upcoming NAMI North Carolina programs.

You will receive the quarterly National NAMI news magazine *The Advocate*, with feature articles and coverage of mental health care at the national level, and updates on new research on the treatment of mental illness.

You will receive discounted registration fees to NAMI North Carolina events, including our Annual Statewide Membership Conference.

You will receive discounted registration fees to NAMI National events, including our Annual National Conference.

Eligibility to vote in all NAMI elections.

In addition, your membership will help strengthen NAMI Orange County, NAMI North Carolina and National's voice when we advocate for changes to improve the system of mental health care at the local, state & national levels.



# NAMI

National Alliance on Mental Illness

## Orange County

### Who We Are and What We Do

We are an active, caring and friendly group dedicated to Support, Advocacy and Education on behalf of persons with mental illnesses. Our members are individuals with mental illness, relatives and friends, policy makers, mental health professionals, and others who are concerned and want to help.

### The NAMI Agenda

**Support-** You are not alone. We help each other through mutual support and problem solving.

**Education-** We provide programs and services to educate the public and reduce stigma attached to mental illnesses.

**Serious brain disorders**, such as schizophrenia, bipolar disorder, and major depression are bio-chemically based. Treatment works.

**Advocacy-** We bring needs of those with mental illness to the attention of local, state and federal officials through advocacy and service on mental health related boards and committees.

**Research-** We support continued research into causes and treatment of brain disorders, and the effectiveness of services for those with serious mental illnesses.

## Mental Illness is NOT a Choice...

In fact, mental illnesses are devastating brain disorders: not only for those who have them, consumers, but also for the family and friends of those who suffer.

When first confronted with the reality of mental illness, consumers and family members face many difficult questions: Why me? Why him/her? Why us? What can we do to help? It can feel overwhelming.

Then comes the search for treatment and support, followed by many other hurdles. Getting yourself or your family member help may seem like an uphill battle, with many setbacks.

But you are not alone. In fact, many others have been there before you. It helps to talk to those who understand, because they have had similar experiences and concerns. They have searched for effective treatment programs, and learned to advocate for themselves or their loved one. Often, they have insight and experience they are willing to share, along with helpful advice and support.

**First, educate yourself:** Dealing with the unknown can be more difficult than dealing with the illness itself. Learn more about the types, symptoms and available treatments for mental illness.

You can:

- Sign up for one of NAMI's educational courses.
- Learn about resources available in your community for people with mental illness, including treatment programs, supportive housing and employment, and peer-based programs to promote recovery.
- Talk about it! Don't be afraid to talk about mental illness with your friends and relatives. Speaking openly about your experience helps to dispel myths and educate others.
- Become involved! Advocate for better treatment and improved supports for people with mental illness.
- Normalize your own life, as much as possible, while supporting yourself or loved one. Take care of yourself, while caring for others.
- Attend a NAMI support group. You will find an atmosphere of acceptance and compassion within a circle of people who know what it's like to support a loved one with mental illness.

## NAMI Orange County Meetings & Events

~All are Welcome~

For current schedule call our Helpline 919-929-7822 or visit [www.NAMIORange.org](http://www.NAMIORange.org)

### Program Meetings

are held most second Saturday mornings at the Church of Reconciliation, 110 N. Elliot Road, Chapel Hill

9:30 -10:15am

Fellowship & Refreshments, Meeting Room

9:30-10:15am

Confidential Sharing Group meets, Lounge

10:30am-12:00 noon

Program with Speaker

Potluck Dinners

are held in July, August & December

### Annual Events

Legislative Breakfast

Local Forum with Legislators & Public Officials co-sponsored with Mental Health Association and NAMI Durham

Mental Illness Awareness Project

2<sup>nd</sup> week in October

NAMI North Carolina Annual Conference

Call 919-788-0801

NAMI National Convention

Annually, in a major metropolitan area

Call 1-800-950-6264



Our logo depicts the blades of grass as a reminder of NAMI's grassroots beginning and its determination to preserve this characteristic.

## NAMI Programs

~All Programs are Free of Charge~

**Family-to-Family Education Program:** This is a free 12 session course that is open to family members who have a close relative with a mental illness. The course includes ways to understand and help the person with the illness, and helps the family overcome the difficulties of coping with this family crisis.

**Support Groups:** We sponsor local support groups for family members and close friends of mental health consumers.

**NAMI Connection:** is a recovery support group program run by two trained facilitators who are adults living with a serious mental illness. Groups are confidential, meet for 90 minutes a week, and are free of charge.

**Peer-to-Peer Education Program:** Consists of nine two hour classes, free of charge, taught by a team of three who are personally experienced at living well with mental illness. The course uses lecture and interactive exercises to help participants gain knowledge, insight, and coping strategies for living with their illness.

**Young Families Program:** Offers support groups and phone support from family members of children and adolescents who have a mental illness. It also offers educational workshops and presentations by trained volunteers that help parents and child-serving agency professionals better understand the nature and treatment of mental illness in children.

**In Our Own Voice:** Educates the general public and changes attitudes and stereotypes about who has mental illness and how those persons look and act. This is accomplished through community presentations by trained consumers who can show first-hand what it is like to live with mental illness, as well as convey a treatment and recovery message.

**NAMI Basics:** NAMI BASICS program is a free 6 week course for parents or direct caregivers of children who show symptoms of a mental illness before the age of 13 (no matter what age they are now). **Crisis Intervention Team (CIT):** Provides 40 hours of training on how police can deal with those with mental illness and are available in many NC communities.

For more information visit:

[www.NAMIORange.org](http://www.NAMIORange.org)

[www.NAMINC.org](http://www.NAMINC.org) or [www.NAMI.org](http://www.NAMI.org)