

## Make a Difference

**PLEASE JOIN NAMI SSW TODAY!**

Please complete the information below and mail your check or money order to:

### NAMI SSW

428 Croghan St., Fremont, OH 43420

Name(s) \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

\$60 Household Membership

\$40 Individual Membership

"Open Door"

\$ \_\_\_\_\_ Donation

**PLEASE CONTACT ME**

### YOUR ANNUAL MEMBERSHIP INCLUDES:

- ✓ Ohio and National NAMI Membership
- ✓ Joining with the thousands of Americans dedicated to improving the lives of people living with a mental health condition.
- ✓ Subscription to *The Advocate*, member discounts, convention registration discounts, and access to our online community.
- ✓ Access to all NAMI classes and support.

**ALL SERVICES ARE FREE**

## Did you know?

Brain Disorders or Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, and ability to relate to others and daily functioning.

### ONLY 1 IN 3 CHILDREN WITH A DIAGNOSIS IS GETTING HELP

Serious mental illnesses (SMI) include major depression, Schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder.

### 1 IN 4 ADULTS EXPERIENCE A MENTAL HEALTH CONDITION IN A GIVEN YEAR AND TOUCHES US ALL

The good news about mental illness is that recovery is possible. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

In addition to medication and psychosocial therapy, recovery can be assisted by peer support groups, diet, exercise, sleep, friends, transportation options, and meaningful paid or volunteer activities.

- ✗ Prejudice and discrimination against individuals living with mental illness has real consequences for recovery.
- ✗ Families are essential to the recovery process.
- ✗ Education and support make qualitative differences in outcomes.
- ✗ Treatment works. With appropriate treatment and services people can and do recover.
- ✗ NAMI is building essential community awareness and support!
- ✗ **Help Us Build a Community of Hope**



**National Alliance on Mental Illness**  
Seneca, Sandusky and Wyandot Counties



Our Mission is *Easy*  
We Educate, Advocate & Support You

**Celebrating 30 Years of Caring**

428 Croghan St., Fremont, OH 43420  
419-334-8021 or 888-582-8889

Website: [www.namissw.org](http://www.namissw.org)  
Email: [information@namissw.org](mailto:information@namissw.org)  
[www.facebook.com/NAMI.SSW](https://www.facebook.com/NAMI.SSW)

**CRISIS TEXT LINE |**

**Text 4hope to 741 741**

**24- Hour Crisis Hotline**  
1-800-826-1306

## Our Mission

NAMI SSW, The National Alliance on Mental Illness of Seneca, Sandusky and Wyandot Counties is a nonprofit, 501(c)3, grassroots organization which educates, advocates and supports individuals, families, and caregivers living with or affected by a mental health condition or brain disorders.

## Advocacy

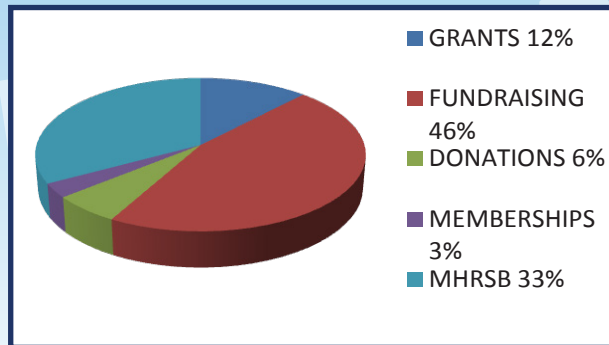
NAMI SSW is one of NAMI Ohio's network of 55 local affiliates. NAMI Ohio has an outstanding history of affecting public policy and legislation regarding care and resources for persons with serious mental illness. NAMI Ohio members testify before the General Assembly, educate business and education leaders, and sit on state planning and advisory committees, Community Mental Health Boards, and various task forces.

On the national level, NAMI works to achieve equitable services and treatment for more than 60 million Americans affected by mental illness. Hundreds of thousands of volunteers participate in more than 1,000 local affiliates in 50 state organizations, to provide education, advocacy and support. NAMI is the nation's voice in combating discrimination, increasing funding for research, and advocating for adequate health insurance, housing, rehabilitation and jobs for people with brain disorders.



**We  
Give  
HOPE**

## How We Are Funded



Funding for NAMI SSW is paid in part, by the Mental Health & Recovery Services Board of Seneca Sandusky & Wyandot Counties

United Way of Sandusky County  
Tiffin – Seneca United Way



PLEASE REMEMBER NAMI SSW  
IN YOUR WILL

*Speakers Available*

**1) "IT'S EASY"**

Learn about Our Work

**2) "IN OUR OWN VOICE"**

Hear Compelling Personal Stories

**2) "RUOK"-Saving A Life**

Understanding Suicide & Depression

## Education

**BASICS** – 6 week course for parents or caregivers of young children or adult children who developed symptoms of mental illness prior to age 18.

**FAMILY TO FAMILY** – 12 week program, taught by family members, for family members of persons living with a mental health condition.

**PEER TO PEER** – 10-week class offered to individuals with mental illness who are interested in establishing and maintaining their wellness and recovery.

**CRISIS INTERVENTION TEAM (CIT) Training** – 40-hour training program for law enforcement and first responders who learn de-escalation skills for someone in a mental health crisis.

## Support Groups

**CONNECTIONS** – Weekly recovery support group for those who live with a mental health condition. Participants share coping strategies and offer mutual encouragement and understanding.

**FREMONT - MEETING EVERY MONDAY**

**FAMILY / CAREGIVER SUPPORT** - Monthly support group for those living with or care for someone living with a mental health condition.

**FREMONT MEETING – 2ND WEDNESDAY OF MONTH**

**2 TIFFIN MEETINGS 1ST & 3RD TUESDAY OF MONTH**

**FOR CURRENT SCHEDULE CALL 419-334-8021**

We offer hope & compassion.

We educate families & Individuals in better ways to communicate and cope day to day.