

## What is Mental Illness?

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

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

Mental illness affects one in four adults and touches us all. Only one-third of children are getting help. It is not a personal weakness, lack of character, or upbringing.

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.

## WE BELIEVE

- 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**

## NAMI Will Help You:

- GET EDUCATED
- OBTAIN PRACTICAL SUPPORT
- ADVOCATE & HAVE A VOICE
- FIND HOPE AND STRENGTH
- GAIN PURPOSE AND DIRECTION
- SPREAD AWARENESS
- KNOW RECOVERY WORKS
- DISCOVER CONNECTIONS
- GATHER WITH FRIENDS
- BREAK THROUGH FEAR
- GROW AS AN INDIVIDUAL
- CONTROL YOUR OWN LIFE



National Alliance on Mental Illness

Seneca, Sandusky & Wyandot Counties

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)

Find us on Facebook.

[www.facebook.com/NAMI.SSW](http://www.facebook.com/NAMI.SSW)

**PLEASE REMEMBER NAMI SSW**

**IN YOUR WILL**

**ASK ABOUT PLANNED GIVING**



National Alliance on Mental Illness

Serving Seneca, Sandusky &  
Wyandot Counties



Our Mission is

**EASY**

We  
Educate  
Advocate &  
Support  
You

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



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

On the national level, NAMI works to achieve equitable services and treatment for more than 15 million Americans living with serious mental illnesses and their families. Hundreds of thousands of volunteers participate in more than 1,000 local affiliates and 50 state organizations to provide education and support, combat discrimination, increase funding for research, and advocate for adequate health insurance, housing, rehabilitation and jobs for people with mental illness.

NAMI Seneca, Sandusky, Wyandot 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.

NAMI offers and shares compassion, hope, education, coping and advocacy skills to individuals living with mentally illness and their families and friends.

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NAMI SSW is a Member Agency of the United Way of Sandusky County and an Associate Member Agency of the Tiffin – Seneca United Way



## Education and Support

**BASICS** – The newest addition to NAMI programs, this 6 week course is for parents or caregivers of young children or adult children who developed symptoms of mental illness prior to age 13.

**FAMILY TO FAMILY** – A free 12 week program, taught by family members, for family members of persons with living with mental illness.

**CONNECTIONS** – A free weekly 90 minute recovery support group for those who live with mental illness. Participants share coping strategies and offer mutual encouragement and understanding.

**DEPRESSION / BIPOLAR SUPPORT**– A free monthly recovery support group for those who suffer from major depression or bipolar illness.

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

**IN OUR OWN VOICE** – Speakers share compelling personal stories about living with mental illness and achieving recovery. Call the office to schedule.

**CRISIS INTERVENTION TEAM (CIT) Training** – A 40-hour program training law enforcement and first responders in de-escalation techniques and about resources for individuals in a mental health crisis.

**SAVING LIVES: UNDERSTANDING SUICIDE AND DEPRESSION** – A presentation educating the community on ways to prevent suicide.

**FOR CURRENT CLASS AND MEETING SCHEDULES:**  
Please check our Website, [www.namissw.org](http://www.namissw.org)  
or call the office at 419-334-8021

## Join NAMI Now

### Your Membership includes:

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

### Make a Difference Become a member today!

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

**NAMI SSW**  
**428 Croghan St., Fremont, OH 43420**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

- \$35 INDIVIDUAL / FAMILY
- \$35 PROFESSIONAL
- \$50 SUPPORTING MEMBER
- "OPEN DOOR" (NO COST)
- \$ \_\_\_\_\_ DONATION
- PLEASE CALL ME ABOUT THE PLANNED GIVING PROGRAM