

What is Mental Illness?

A biologically based group of brain disorders which begin with a defect in inherited genes, which cause a predisposition to a brain disorder, similar to an inherited tendency for cancer, heart disease or diabetes. Mental Illness causes disturbances in thinking, feeling, and relating, which results in diminished capacity for coping with ordinary demands of life. It affects people in all cultures, in all countries, of all ages, and can occur in any family.

Disorders include

Major Depression Bipolar Disorder
Anxiety & Panic Disorder
Social Phobia Schizophrenia
Schizoaffective Disorder
Eating Disorders
Obsessive Compulsive disorder
Attention Deficit Hyperactivity Disorder
Pervasive Developmental Disorders
Post Traumatic Stress Disorder
Borderline Personality Disorder
Asperger's Syndrome Autism

Key Messages

- Stigma is very real and has terrible consequences
- 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

What can NAMI do for you?

- Get Educated
- Obtain Practical Support
- Advocate for you
- Find Hope
- Build Strength
- Gain Purpose
- Spread Awareness
- Know recovery Works
- Share the Promise
- Discover Connections
- Seek and Locate Direction
- Have a voice
- Feel Peace
- Gather with Friends
- Form Allegiances
- Break through fear
- Grow as a person
- Control your life
- Silence the Stigma



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

219 S. Front Street, Fremont, OH 43420

419-334-8021 or 888-582-8889

Website: www.namissw.org

email: information@namissw.org



National Alliance on Mental Illness

**Serving Seneca, Sandusky &
Wyandot Counties**



NAMI's Mission Statement

**To provide, support, information, education and
advocacy to anyone in Seneca, Sandusky and
Wyandot Counties affected by mental illness**



NAMI is a volunteer, nonprofit, 501 (c)3, grassroots, self help, support and advocacy organization of consumers, families and friends of people with severe mental illness

Founded in 1979, NAMI works to achieve equitable services and treatment for more than 15 million Americans living with severe 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 stigma, increased funding for research, and advocate for adequate health insurance, housing, rehabilitation and jobs for people with mental illness and their families.

NAMI offers and shares compassion, hope, education, coping and advocacy skills to families and friends of the mentally ill. We seek to understand the illness which affects our loved ones, and find ways to make our lives more enduring. We hope that by coming together as a support group we will find common ground on which to work towards better relationships with our mentally ill family members.

NAMI welcomes those who are experiencing the grief, pain and anger which engulfs their lives when mental illness strikes a loved one.



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



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

FAMILY TO FAMILY – a free 12 week program, taught by family members, for family members of persons with severe mental illness.

HAND TO HAND – a free 9 week class offered to parents and caregivers of children diagnosed with a mental or emotional disorder.

PEER TO PEER – A free 9 week class offered to consumers interested in establishing and maintaining their wellness and recovery

IN OUR OWN VOICE – a unique and informational outreach program that offers insight into the recovery for persons with severe mental illness.

CRISIS INTERVENTION TEAM (CIT) – a 40 hour education program on mental illness and de-escalation techniques offered to law enforcement.

SAVING LIVES: UNDERSTANDING SUICIDE AND DEPRESSION – a presentation on suicide and depression that raises awareness and educates the community in an effort to prevent suicide.

Support

NAMI C.A.R.E – a peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. Meetings are held in Tiffin and Fremont

FAMILY SUPPORT – support groups for family, friends, parents, and caregivers of persons with a mental illness. Groups meet monthly each in Seneca, Sandusky & Wyandot Counties.

Join NAMI Now

Membership Advantages

- Strengthen your voice with thousands who share your concerns and dreams.
- Assist our affiliate and support transformation of our current mental health system of care.
- Local membership includes Ohio and National NAMI Membership.
- Receive NAMI National’s publication, *“The Advocate”*, featuring the latest research and treatments, legislation, and provocative editorials and columns.
- Receive the NAMI Ohio’s publication, *“News Briefs”*, our state’s voice on mental illness.
- Receive NAMI convention & event discounts.

Membership is Simple

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

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____

EMAIL _____

- \$20 INDIVIDUAL/FAMILY
- \$20 PROFESSIONAL
- \$50 SUPPORTING MEMBER
- “OPEN DOOR” (NO COST)
- \$ _____ DONATION ONLY