

## About NAMI

The National Alliance on Mental Illness (NAMI) is a nonprofit organization with hundreds of affiliates, state organizations and volunteers who work in communities to raise awareness and provide support and education to those in need. NAMI provides advocacy, education and support to all those affected by mental illness. NAMI Southern Arizona is the local affiliate in Pima County.

Many of us at NAMI have the personal experience of mental illness either by being a family member, a friend, and/or living with a mental illness ourselves.

## What is Mental Illness?

Mental illnesses are biologically based brain disorders. Mental illness is like any other disease, with proper care, it can be treated and managed, and recovery is possible.

Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of 60 million Americans.

- **One in five adults** experiences a mental health disorder in a given year.
- **One in 20** lives with a serious mental illness such as major depression, bipolar disorder and schizophrenia.
- **One in 5 children** ages 13-18 have, or will have a serious mental illness, or will be impacted by mental illness.

Research shows that recovery is possible with the right combination of treatment, including medications, therapy, peer support and more.

Our goal is to promote recovery, which can mean living a fulfilling life that is not dominated by mental illness.



**SHOW YOU CARE.  
WEAR A SILVER RIBBON.**



- Help break down the barriers to treatment and support
- Help reduce stigma talk about it



**FIND HELP.  
FIND HOPE.**

## PROGRAMS AND SERVICES

### Your Local NAMI:

#### NAMI Southern Arizona

6122 E. 22nd St.  
Tucson, AZ 85711  
520 • 622 • 5582  
520 • 623 • 2908 Fax

**Office Hours:** Monday-Friday  
9 AM to 5 PM

NAMIsa@NAMIsa.org  
NAMIsa.org

*Mission: to improve the quality of life  
for all those affected by mental illness.*



**visit our national website at  
NAMI.org**

**Visit us online today!  
NAMIsa.org**

Revised April, 2017

# TOGETHER...WE CAN MAKE A DIFFERENCE

## Volunteer

Join over 200 caring individuals! Several opportunities are available such as teaching an education class, facilitating a support group and volunteering at the NAMI office and outreach events.

## Join

Become a member of NAMI Southern Arizona. By supporting the cause your voice counts and makes a difference in our community!


## Donate

Your tax-deductible donation contributes to our mission so that we can continue to provide our services at no charge and enhance the quality of life for those with mental illness and their families.

## Planned Giving-Legacy of Hope

Planned giving (e.g. wills; beneficiary designation; charitable trust; charitable gift annuity, etc.) provides an additional source of funds for providing local services.

## Stay Connected

- Receive our quarterly newsletter -- Find Help. Find Hope.
  - Subscribe to our eNews.
  - Connect to us on Facebook, Twitter YouTube and Instagram.
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## EDUCATION

**Family to Family\***: A 12-class course for family and friends of adults with mental illness.

**Homefront**: a six-session course for family and friends of Military Service Members and Veterans with mental health conditions.

**Peer to Peer\***: A 10-class course for individuals with mental illness focusing on recovery.

**NAMI Basics**: A 6-class course for parents and caregivers of children with mental illness.

**Ending the Silence**: An early intervention program that engages students in mental health education and discussion.

**Parents & Teachers as Allies**: An in-service education program for school professionals, parents, and agencies working with children and adolescents.

**In Our Own Voice\***: A presentation given by individuals with mental illness providing their testimonies.

## ADVOCACY\*

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

## SUPPORT

**Family & Friends Support Groups\***: Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

**NAMI Connection\***: A weekly recovery-focused group for adults living with mental illness.

**Heart to Heart**: A friendship program for people with mental illness.

## EVENTS & OTHER SERVICES

**NAMIWalks**: Our annual walk for mental health (March/April), which is our largest fundraiser and awareness campaign.

**May-Mental Health Awareness Month**

**July-Minority Mental Illness Awareness Month**

**Mental Illness Awareness Week\***: Promoting events and activities throughout the first week in October.

**Lending Library\***: Books, DVDs, videos, and publications are available for checkout.

**Presentations\***: Provided on request for health providers, community groups, faith-based communities, businesses and others.

*\*Program/Service available in Spanish.*