

Welcome to Heart To Heart

Heart to Heart is an organization of volunteers that are dedicated to helping people with serious mental illness live fuller, happier lives.

Heart to Heart bridges the gap between the community at large and the population of people living with a mental illness by matching trained volunteers with people who are living with these disorders; individuals with a mental illness, who might otherwise find themselves on the outskirts of society, forgotten and lonely. They begin their integration back to society with the help of **Heart to Heart** volunteers.

As a Heart to Heart volunteer, you have the opportunity to become a friend to someone with whom you can go shopping, to the library, a movie or to the park for a few hours of trusting companionship each week.

If you are interested in being a special friend to a person with a mental illness, or can contribute in some other way, please read on....

The gift of friendship can change a life!

*"Life's most persistent and urgent question is:
What are you doing for others?"*

Dr. Martin Luther King

Frequently Asked Questions

What are the benefits of becoming a Heart to Heart volunteer?

- ♥ Through the simple action of friendship you can help someone, whose illness has limited their options, to lead a more fulfilling life.
- ♥ You will learn about serious mental illnesses and the challenges of the people who live with these disorders.
- ♥ Inspiring people, whose lives may be limited to their participation in their mental health treatment, to become more productive and better integrated into our community.
- ♥ You will discover your own ability to understand and empathize with the needs and problems of others.
- ♥ Discovering the opportunity to be a friend to someone special.

How much time is involved in being a Heart to Heart volunteer?

- ♥ Volunteers are asked to spend three to four hours each week enjoying social activities or simply talking with their friend.

Will there be any out-of-pocket expenses for me?

- ♥ There is no charge to participate in the program or the training. Your expenses will be limited to your share of the activities you and your friend choose.

Do I need any special skills?

- ♥ The only skills required are those you need to be a trustworthy friend and companion.

How long is the training process and what is involved?

- ♥ Heart to Heart provides 7 ½ hours of training. The trainings are scheduled about every three months. For additional information please call (520) 622-5582.

What community resources are available to me as a volunteer?

- ♥ Your training will include extensive information about the many community resources available for people working with individuals with a biological brain disorder. CPSA and other agencies also offer applicable trainings.

What kind of support can I expect from the Heart to Heart team?

- ♥ In addition to the training you will receive, the Heart to Heart team is available to answer your individual questions and make suggestions to facilitate your friendship.

From where will my prospective friend be referred?

- ♥ Heart to Heart works with mental health professionals to enlist participants who need a friend.

"To the world you may be just one person, but to just one person, you may be the world."

Heart to Heart



(A NAMI of Southern Arizona
Signature Program)



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www.namisa.org

NAMI of Southern Arizona is a 501(c)(3) non-profit organization providing **free** education, advocacy and support to all those affected by serious mental illness.

Free Education Programs offered by NAMI:

Family-to-Family (also offered in Spanish) a 12 week course for family & friends of adults with mental illness.

Peer-to-Peer (also offered in Spanish): a 9-week course on Recovery for people with mental illness.

In Our Own Voice: consumer presentations about their recovery

Parents & Teachers as Allies: an in-service education program for school professionals.

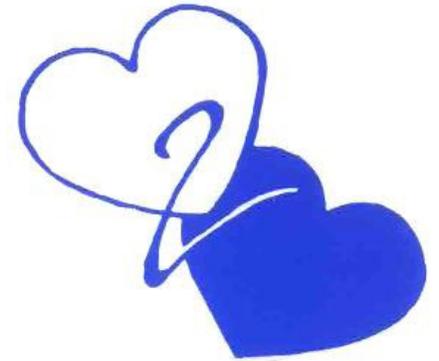
NAMI Basics: a 6-week educational program for parents/caregivers of a child with mental illness. **COMING FALL OF 2009!**

Free Support Groups offered by NAMI:

NAMI Connections Support Groups: weekly peer support groups for people living with mental illness. Call 622-5582 for further information.

NAMI Family/Friends Support Groups: peer support groups for loved ones of an adult with a mental illness. Call 622-5582 for further information.

An Uncommon Commitment



Heart To Heart