

MEMBERSHIP When you join NAMI Orange County you also become a member of NAMI North Carolina and NAMI National for a full year. You will receive newsletters from each.

The easiest, fastest way to join is online at nami.org

Select **NAMI Orange Co NC** as your affiliate

Select Membership Type (circle one):

Regular Membership \$ 40.00

Household Membership \$ 60.00

For more than one family members from the same household

Open Door Membership \$ 5.00

For those with limited income

Additional Optional Donation \$ _____

Total enclosed \$ _____

Check payable to: NAMI Orange Co NC

Name _____

Address _____

City _____

State _____ Zip _____

Cell Phone _____

Home Phone _____

Email _____

I am a (check all that apply):

Family Member _____

Individual with a Mental Illness _____

Professional _____ Other _____

Please send your check and this form to:

NAMI Orange County NC

PO Box 4201

Chapel Hill, NC 27515-4201



"What consoles me is that I am beginning to consider madness as an illness like any other, and that I accept it as such."

Vincent van Gogh, 1889

For information and help: 919-929-7822

A friendly person will call back within 24 hours.

If in crisis call:

Cardinal Innovations 800-939-5911

If calling 911:

Ask for a Crisis Intervention Team (CIT) Officer.

National Suicide Prevention Lifeline:

800-273-TALK (8255)

NAMI Orange County NC 919-929-7822
namiorangenc.org

NAMI National 800-950-6264
nami.org

NAMI North Carolina 800-451-9682
naminc.org



National Alliance on Mental Illness

Orange County, NC

Open Your Mind ...



... Treatment Works

**Support
Education
Advocacy**

WHO WE ARE AND WHAT WE DO

NAMI Orange County is a caring family of individuals who live with a mental illness, or who care about someone with a mental illness. Our members work to increase understanding of mental illnesses, what helps and what hurts.

SUPPORT

People with mental illness and family members need to know there are friends who understand and can help. At NAMI Orange County, we reassure newcomers that they can survive and restore order to their lives.

Family Support Group

A free, peer-led recovery support group open to all family members, loved ones, and caregivers of an adult living with a mental illness. It offers a casual and relaxed approach to sharing the challenges and successes of having a loved one who lives with mental illness. Two locations:

Christ United Methodist Church, 105 Market St., Southern Village, 1st Wednesday, noon to 1:30
Seymour Senior Center, 2551 Homestead Rd., Chapel Hill, 7:00 to 8:30 pm, 2d Tuesday.

NAMI Connection Recovery Support Group

A free, peer-led recovery support group open to all adults living with mental illness. It offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meets 6:30 to 8:00 pm on the 3rd Wednesday at University Presbyterian Church, Room 108, 209 E. Franklin St., Chapel Hill Street.

Helpline: (919) 929-7822

EDUCATION

The key to finding good treatment is education. Classes, groups and public meetings are **free of charge**.



Public Education Meetings the third Tuesday of each month, September, January, November, March and May, 7:00 to 8:30 pm.

Family-to-Family is a 12 week course offered every Spring and Fall, for family and caregivers of individuals with serious mental illnesses.

NAMI Basics is a 6 week education program for parents and other caregivers of children and adolescents living with mental health conditions.

Peer-to-Peer is a 10 week education program with a focus on recovery for persons living with mental illness.

In Our Own Voice is a 90 minutes to 2 hour compelling live and video presentation given by persons in recovery, that fights stigma and educates the public.

Ending the Silence is a two-hour in-service team presentation for students, parents, or school personnel on recognizing symptoms in children and adolescents.

Crisis Intervention Team Training

We organize 40 hour training sessions for police officers, sheriff's deputies, and other first responders.

CIT SAVES LIVES

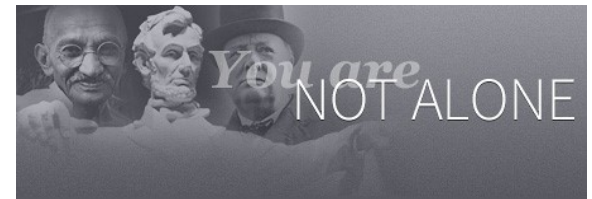


ADVOCACY

We advocate for the development of a comprehensive, well-coordinated community-based system of care and high-quality hospital services for individuals with mental illness.

NAMI Smarts for Advocacy is a three-module training that gives you confidence and strategies to meet and influence legislators and policy makers.

Newsletters are published by NAMI Orange County, NAMI North Carolina, and NAMI National.



namiorangenc.org