

#ACT4 MENTAL HEALTH

ABOUT NAMI

We advocate. Nearly 60 million Americans face the day-to-day reality of living with a mental health condition. NAMI gets it.

We educate. NAMI's programs provide education and support from trained peers who know what it's like to live with mental illness.

We listen. Our HelpLines provide free information, referral and support to hundreds of thousands of people each year.

We lead. NAMI is the nation's leading voice on issues that impact the lives of people with mental health conditions and families.

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

SUPPORT NAMI'S PRIORITIES

- Increase the availability of mental health care
- Promote early identification and intervention
- Reduce criminalization
- Enforce mental health insurance parity
- Support mental health caregivers



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SHARE THE FACTS

1 IN 5



Americans are affected by mental illness in a given year.

MORE THAN 50%

of adults and children with mental health conditions received no mental health treatment in the past year.



75% of rural and frontier communities do not have any mental health professionals, affecting up to 45 million Americans.

Over **40,000** American lives are lost to suicide every year.

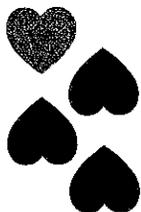
Suicide is the **2nd** leading cause of death among young people ages 15-24 years.



Mental health and substance use disorders caused more hospitalizations among U.S. troops in 2009 than any other cause.

8.4 MILLION

Americans provide care to an adult living with mental illness.



3 OUT OF 4

mental health caregivers report high levels of stress.

74
WEEKS
(U.S.)

7
WEEKS
(U.K.)

The average delay from the first symptoms of psychosis to treatment in the U.S. and the United Kingdom.



Mental illness costs America **\$193.2 BILLION** in lost earnings each year.



2 MILLION

Americans with mental health conditions languish in jails each year, often as a result of their illness.

The **NUMBER 1** reason children are admitted to hospitals is for depression or bipolar disorder.





NAMI

North Carolina

National Alliance on Mental Illness



North Carolina's Voice on Mental Illness

The mission of NAMI North Carolina is to provide support, education, advocacy, and public awareness so that all affected by mental illness can build better lives.

Call our Helpline at 800-451-9682 for free information, referrals and support.

The following NAMI Programs are offered in North Carolina:

NAMI Family-to-Family

This is a free 12-session course that is open to family members who have a close relative with a mental illness. The course includes ways to understand and help the person with the illness, and helps the family overcome the difficulties of coping with this family crisis.



NAMI Peer-to-Peer

Ten free two-hour classes are taught by a team of two who have personally experienced living well with mental illness. The course uses lecture and interactive exercises to help participants gain knowledge, insight and coping strategies for living with their illness. Participants will work develop a crisis plan during the program.



NAMI In Our Own Voice

This program aims to change attitudes, preconceived notions and stereotypes regarding mental illness. This is accomplished through community presentations by trained consumers who share what it is like to live with mental illness, while conveying the importance of treatment and recovery.

NAMI on Campus

NAMI on Campus clubs provide students with peer-run mental health organizations on campus. These student-led clubs help support fellow students, raise mental health awareness, educate the campus community, and promote and advocate for services and supports.



NAMI Basics

This is a free 6-week course for parents or direct caregivers of children and adolescents (18 or younger) who are showing symptoms of or who are diagnosed with a mental illness.



NAMI Connection

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.



NAMI Family Support Group

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

NAMI Homefront

NAMI Homefront is a free, six-session education program for family, friends and significant others of military service members and veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

NAMI Smarts for Advocacy

NAMI Smarts for Advocacy is a popular hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.



Check with your local affiliate to see what programs are offered in your community!

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I understand that by becoming a member of NAMI North Carolina, I automatically become a member of the local affiliate serving my community and NAMI National. I also understand that my membership information will be provided to both NAMI National and the local affiliate. Please complete the following and **print clearly**. Thank you!

Primary Member Title: Dr./Mr./Mrs./Ms./Other: _____ Member name _____

Home address _____

City _____ County _____ State _____ Zip code _____

Home phone _____ Work phone _____

Mobile phone _____ E-mail _____

I will automatically become a member of the closest Affiliate unless I specify another Affiliate I would like to join:

Choose either Individual (\$40/\$5) or Household Membership (\$60):

In addition to the individual membership options, NAMI NC offers a household membership option for those with more than one individual residing at the same address. With the household membership, each listed member of the household will be full members of NAMI National, State, and local organizations. The household membership will only receive one copy of the NAMI publications, but most other member benefits are granted to each listed member.

INDIVIDUAL MEMBERSHIP OPTIONS

(Please check one option)

Regular Individual Membership \$40

OR

Open Door Membership \$5
(for those with limited resources)

OR HOUSEHOLD MEMBERSHIP \$60

Additional Member Names/E-mail for Household Membership:

NAMES

EMAIL ADDRESSES

-	-
-	-
-	-
-	-
-	-

In addition to my membership dues, I would like to donate an additional \$ _____

My total payment is \$ _____

Where did you hear about NAMI?

PAYMENT INFORMATION (please print clearly):

I am enclosing a check or Money Order (continue if using a Card)

Please charge my credit card # _____

VISA Mastercard American Express

Name on card: _____

Expiration Date _____ Security Code _____ E-mail _____

Billing Address (if different than above) _____

Signature _____