

About Mental Illness

- ◆ **Mental Illness is a term used for a group of disorders causing severe disturbances of thinking, feeling, and relating.**
- ◆ **Mental illness can affect persons of any age, sex, race, religion, social and economic background.**
- ◆ **450 million people worldwide are affected by mental illness. Mental illness is more common in the U.S. than cancer, diabetes or heart disease.**
- ◆ **Great advances have been made in the treatment of mental illnesses and understanding brain functioning.**
- ◆ **Nearly two-thirds of all people with diagnosable mental disorders do not seek treatment because of stigma, ignorance and lack of appropriate service and treatment options.**

Do you have a lot of questions?

- ◆ **Does my loved one have a mental illness?**
- ◆ **Where can I go to get confidential help?**
- ◆ **Are there other people like me in my community to give me support and information?**
- ◆ **What do I do if there's a crisis?**
- ◆ **How can I get a clear diagnosis?**
- ◆ **What local services are available for me and my loved ones?**

You are not alone.....

For more information, contact

SAMHAJ

1562 Route 130

North Brunswick, NJ 08902

(732)-940-0991

samhaj@naminj.org

www.naminj.org/

programs/samhaj/samhaj.html



সামহাজ

**South
Asian
Mental
Health
Awareness in
Jersey**



সামহাজ is a program of



National Alliance on Mental Illness of New Jersey

1562 Route 130

North Brunswick, NJ 08902



The blue lotus is a symbol of understanding and knowledge

Our Mission

SAMHAJ is a program of NAMI NEW JERSEY, a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness.

SAMHAJ provides support, education, advocacy and referrals for people of South Asian origin, including immigrants from India, Pakistan, Bangladesh, Sri Lanka, Nepal, Maldives and Bhutan.

SAMHAJ offers support groups and referrals to bilingual mental health providers and service agencies. We also offer education on mental illness, treatment options and resources. **SAMHAJ** also provides cultural competence training for mental health agencies, schools and other organizations that provide services to South Asians in New Jersey.

Mutual Support

In the **SAMHAJ** self-help group, caring members help one another learn to cope with the effects of mental illness. They find understanding, acceptance and mutual support in times of crisis. **SAMHAJ** offers hope, support, education and a community of friends who understand.

Education

Through educational activities, workshops, conferences and newsletters we provide information about the latest research and available treatments for mental illness. Our awareness activities foster understanding and dispel stigma against mental illness. We help professionals, government officials, law enforcement and the general public understand mental illness from the perspective of those affected by it. We provide a free 12 week Family-to-Family education course for family caregivers of individuals with mental illness. Taught by trained family member volunteers, the course discusses the treatment of schizophrenia, bipolar disorder, major depression, panic disorder and obsessive-compulsive disorder and teaches family members skills to cope more effectively.

Referrals

We provide referrals to bilingual mental health providers, to free services for families affected by mental illness and to other agencies and organizations that can help.

Membership & Information

When you become a NAMI NJ **SAMHAJ** supporter you are helping to build a strong family with a powerful voice.

Name _____

Address _____

Phone (____) _____

Email _____

Affiliation _____

Become a **SAMHAJ** supporter

- Individual Supporter \$30
- Professional Supporter \$50
- Organizational Supporter \$100
- Limited Income Supporter

(whatever you can afford) \$ _____

Additional Donations \$ _____

Amount Enclosed \$ _____

Donations are tax deductible.

Mail this form and check payable to:

NAMI NJ SAMHAJ

1562 Route 130

North Brunswick, NJ 08902