

MEMBERSHIP

Annual dues - \$35.00

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Date: _____ New: ___ Renew: ___

Please consider making an additional donation to support NAMI Essex NJ, Inc.

Amount: _____

In memory of: _____

Please make all checks payable to **NAMI Essex NJ, Inc.**

Mail to:

NAMI Essex NJ, Inc.

PO Box 1200

Montclair, NJ 07042

BENEFITS

OF MEMBERSHIP

- Membership in state and national organizations.
- Subscription to the quarterly magazine, *The Advocate*.
- Reduced registration fees at state and national conventions.
- Discounts at NAMI on-line store.
- Access to latest information on brain disorders and medication at NAMI website.
- Affiliation with a network of lay people and professionals that offers care and support.
- Access to local mental health resources.
- Partnering and support to end stigma!



Photo credit: www.karlgercens.com

NAMI ESSEX NJ, INC

(National Alliance on Mental Illness)

PO Box 1200

Montclair, NJ 07042

862-202-9142

essexjnami@yahoo.com

www.NAMIESSEX-family-support.org



Advocacy

Education

Support

NAMI is a **non-profit**, grassroots, self-help organization dedicated to the **elimination of stigma** surrounding mental illness and to improving the quality of life for all who are affected by mental illness.

Active *advocacy* is the primary thrust of NAMI. We advocate not only for the mentally ill but also for their families and friends who share deeply in their care. Our every expenditure of time, talent and resources is directed to alleviating the stigma of mental illness.

- NAMI Essex NJ, Inc. advocates for access to **affordable housing** in Montclair and surrounding communities in Essex County.
- NAMI Essex NJ, Inc. interfaces regularly with legislators regarding **initiatives** to benefit mentally ill consumers and their families.

NAMI offers an array of *education* and training programs and services for consumers to live well with their illnesses

and to assist family members in the development of successful coping strategies.

- NAMI Essex NJ, Inc. invites local **professionals** to educate members about estate planning, research and legislative updates, community resources, and coping strategies.

Support is a cornerstone of the NAMI experience. Support diminishes feelings of isolation and stigma. Sharing concerns in a supportive atmosphere assists consumers and family members to develop strategies to live their best lives!

- NAMI Essex NJ, Inc. plans “**care and share**” sessions regularly for members, family and friends.

NAMI Essex originated in 1980 as Concerned Families for Improved Mental Health Services, Inc. The legacy of advocacy, caring and support envelops us ALL as a second family!

NAMI Essex NJ, Inc. proudly **partners** with:

- Mental Health Association of Essex County
- Statewide Parent Advocacy Network
- Family Support Organization of Essex County
- Eat, Play, Live Better Montclair

Fewer than one-third of adults and one-half of children with a diagnosable mental disorder receive mental health services in a given year.

The NAMI Essex **Board of Trustees** meets quarterly at the Essex County Hospital Center, 204 Grove Avenue, Cedar Grove, NJ.

General Membership meetings follow the Board meetings at 7 pm at the same location.

On the second Tuesday of the month, at 6:30, **ACCT-NOW** (African-American Community Takes New Outreach Worldwide) meets at Willing Heart Community Care Center, 555 Martin Luther King Blvd., Newark, NJ.

In 2012-2013, the **Mental Health Adventures Book Club** meets on 11/13/12, 3/12/13, and 5/14/13 at 7 pm, at Watchung Booksellers, 154 Fairfield St., Montclair, NJ.

NAMI Essex participates in the **NAMINJ Walk** each May to raise awareness and funds to combat stigma.

NAMI co-sponsors an annual **Legislative Breakfast** during the month of October.

During the holidays, our annual **Operation Santa** program donates gift bags to mentally ill residents in Essex County boarding homes.

Join our efforts in stigma busting!