

NAMI Hudson County You are Not Alone

NAMI Hudson County Mission Statement

NAMI Hudson County is a NAMI State Organization/Affiliate of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

NAMI Hudson has proudly served individuals affected by mental illness for the past 19 years!

With our programs we have reached more than 300 people in the past 5 years.

NAMI Hudson raises community awareness and reduces stigma against those living with mental illness through the NAMI Walk, Mental Health Awareness Month, and Minority Mental Health Awareness activities. – join us!

MEMBERSHIP APPLICATION

Join NAMI Hudson

When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.

You will receive NAMI's flagship, the *Advocate*, as well as NAMI New Jersey monthly e-newsletter and *NAMI Now*, if you subscribe at: www.nami.org/subscribe

Yes, I want to: *please check one)*

- Join NAMI Hudson
 Renew membership for one year

Dues

- \$60 Household Membership
 \$40 Individual Membership
 \$ 5 Open door Membership (Limited Income)

Title: Mr. Mrs. Ms. Dr.

Primary Member Last Name:

Primary Member First Name:

Address:

City, State, Zip:

Phone:

Email:

Payment Information: Check or Cash accepted at our regular support group meetings or make check out to NAMI Hudson and mail to:

NAMI Hudson County
7002 Adams St., Guttenberg NJ 07093



Hudson County NJ



Contact:

Martha Silva (201)-861-0614
Email namihudson@msn.com

NAMI NJ State office:
1562 Route 130 North
North Brunswick, NJ 08902

NAMI Help-Line: 800-950-6264



NAMI Signature Programs

NAMI Family-to-Family

NAMI Family-to-Family is a 12-week class for families, partners and friends of individuals with mental illness.

The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA. For more information contact office at (732) 940-0991 or e-mail info@naminj.org. This course is also available in Spanish.

NAMI Family Support Group

NAMI Family Support Groups are monthly support groups for family members, partners and friends of individuals living with a mental illness. See information on the NAMI Hudson County Support Groups on the right.

NAMI Connection

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there. For general information contact Jay Yudof, Recovery Programs Coordinator, at (609) 642-6959, jyudof@naminj.org. For Hudson County see information on the right.

NAMI In Our Own Voice

NAMI In Our Own Voice is a presentation for the general public to promote awareness of mental illness and possibility of recovery. We encourage interested parties to contact Jill Zwick, Scheduling Coordinator, at 732-571-2136 or ioov@naminj.org.

NAMI Basics

NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed. This course is available in Spanish, Bases y Fundamentos de NAMI. Contact: Martha Silva (201) 201-861-0614 Email namihudson@msn.com

NAMI Hudson County Support Groups

NAMI Hudson County offers three separate support groups held on the same day, time and place:

NAMI Family Support Group for families/caregivers.

NAMI Connection a peer led recovery support group.

NAMI Hudson Kids is a support group for parents/caregivers of children and adolescents.

Held on:

2nd Tuesday of the month

Jersey City Medical Center RWJBarnabas Health

395 Grand St., Ambulatory Care Center 2nd Fl.

Jersey City, NJ 07302

7:00pm -8:30pm

Contact: Martha at 201-861-0614 email

namihudson@msn.com

Other NAMI Group in Hudson County

NAMI Family Support Group en Español a family/caregiver support group held in Spanish

1st Wednesday of the month

Catholic Community Service

2201 Bergenline Ave., Union City, NJ 07087

Contact: Martha at 201-861-0614 email

naminjenespanol@msn.com

Find out more in our website:
www.naminj.org