

ABOUT MENTAL ILLNESS...

Severe Mental Illnesses Are:

- Biological brain disorders which interfere with normal brain chemistry. Genetic factors may create a predisposition in some people, and life stresses may trigger the onset of symptoms.
- Equal opportunity diseases, striking families from all walks of life, regardless of age, race, income, religion or education.
- Devastating to ill persons and their friends. One's thinking, feelings, and social relations are disrupted, seriously reducing the ability to live a normal life. All family members are affected.
- Treatable! Appropriate medical care, medications, and rehabilitation enable many people to live productive lives.

Severe Mental Illnesses Are Not:

Anyone's fault. They are not caused by poor parenting or a weak character.

Preventable or curable at this time. Great advances are being made in understanding brain functioning, but not enough is known yet to prevent or cure serious mental illnesses.

Hopeless! These illnesses present difficult challenges, but support, education, and community of friends who understand are there for you!

24-Hour Mobile Crisis Unit

(856) 845-9100

NAMI Gloucester County, Inc
P.O. Box 85
Sewell, NJ 08080



Support..Sharing ..Advocacy

SUPPORT

NAMI GLOUCESTER COUNTY, INC. provides opportunities for sharing experiences and for exploring coping techniques.

At our support group meetings we learn that we are not alone; we are not to blame; we are not powerless to deal with these illnesses; and we can improve your loved one's life as well as our own.

These support meetings provide a caring, understanding atmosphere in which anger, pain, denial, and disappointment can be channeled into constructive action.

SUPPORT GROUPS



2nd Wednesday of every month
7:00 pm - 9:00 pm

Pitman United Methodist Church 758
North Broadway
Pitman, NJ 08071-2017

Contact: Anna Guida-Lacca (Pres.) at
namigc@comcast.net or (856) 582-7461



Every Wednesday from 6:30 pm - 8:00 pm
Wellness & Recovery Outpatient Building

537 N. Broad St., Woodbury, NJ 08096

Individuals 18 years and older are welcomed
Contact: Barb at mahoneyb1@ihn.org or
(856) 686-5500

ADVOCACY

We advocate for support services for our family members by:

- Fighting the stigma of mental illness
- Serving on committees and boards of local and state mental health agencies
- Supporting legislation aimed at achieving parity for health insurance, eliminating stigma and discrimination, increased funding treatment of brain disorders, safe and affordable housing, rehabilitation and employment.

Contact: Darlema Bey at
darlemabey@gmail.com

EDUCATION



NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses.

- The course is taught by trained family members
- All instruction and course materials are free to class participants
- Over 300,000 family members have graduated from this national program

Contact: Rachel at rachelstets@gmail.com



NAMI Gloucester County offers speakers free of charge. Speakers explain mental illnesses and how to deal with crisis situations. **Contact:** Elaine Goodman at namilaw@aol.com or 856-468-5550 for further information or to schedule a speaking engagement.

MEMBERSHIP

NAMI GLOUCESTER COUNTY, INC. is a not-for-profit corporation and is open to all individuals who subscribe to its goals. Yearly membership dues include membership in NAMI and NAMI NEW JERSEY. Members will receive the local, state, and national newsletters from these organizations. Meetings are open regardless of membership status.

Membership & Donation Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

_____ Household membership \$60.00

_____ Individual membership \$40.00

_____ Open door member \$5.00

_____ Tax Deductible Donation

Effective as of July 2017

Ways to Join

Mail this form with check payable to:
NAMI GLOUCESTER COUNTY, INC.

P.O. Box 85

Sewell, NJ 08080

Email: namigc@comcast.net

(856) 582-7461

Sign up Online:
NAMINJ.org (State)
NAMI.org (National)