



JOIN NAMI NJ SAMHAJ

Participate, support and add your voice to the mental health movement. Build a strong, resilient SAMHAJ community.

For 19 years, NAMI NJ SAMHAJ has been passionately dedicated to our mission. There is much work to be done towards eradicating the stigma surrounding mental illness in South Asian community. Together we can build a resilient community and ensure brighter future for all individuals and families affected by mental illness.

In order to best serve our community, we ask you to become a part of NAMI NJ SAMHAJ:

THERE ARE TWO WAYS TO BECOME A PART OF NAMI:

Online

Sign up at: www.naminj.org/get-involved/join
(Choose virtual - NAMI NJ)

Offline

Choose one of the three membership rates:

- \$60 per year for a household membership (includes all the household members living at the same address)
- \$40 per year for a regular membership (membership for one person)
- \$5 per year for an open door membership (member with limited financial resources)

Select one of the above rates, complete form below and mail this flap to NAMI NJ

Name: _____

Address: _____

Email: _____

Phone: _____ Affiliation: SMAHAJ



DO YOU HAVE A LOT OF QUESTIONS?

- Does my loved one have a mental illness?
- Where can I get confidential help, support and information?
- Am I the only one?
- What do I do in crisis?
- How can I get a clear diagnosis?
- What local services and resources are available for me and my loved ones?



NAMI NJ SAMHAJ

1562 Route 130

North Brunswick, NJ 08902

<http://www.naminj.org/programs/multicultural/samhaj/>

<https://www.facebook.com/SAMHAJNJ/>

Email: samhaj_support@naminj.org

Recipient of:

NAMI 2002 Multicultural Award
American Psychiatric Foundation 2014 for
Advancing Minority Mental Health Award (With
other Multicultural programs of NAMI NJ)



SOUTH ASIAN MENTAL HEALTH AWARENESS IN JERSEY

A program of





MISSION

SAMHAJ, meaning “Understanding” in Hindi, is a NAMI NJ initiative to serve New Jersey’s South Asian Americans, including immigrants from India, Pakistan, Bangladesh, Sri Lanka, Nepal, Maldives and Bhutan. SAMHAJ is dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy and public awareness. SAMHAJ helps our community understand that mental illness is a biologically based and treatable illness. We work with individuals and families affected by mental illness on their journey of recovery.

The SAMHAJ moto, “YOU ARE NOT ALONE,” helps individuals in recovery lead autonomous, productive and meaningful lives integrated into our community.

SUPPORT

Through SAMHAJ self-help groups, members learn to cope with the effects of mental illness. Members find compassion, understanding, social acceptance, hope and mutual emotional support in times of crises. SAMHAJ promotes awareness of mental health disorders, fighting pervasive stigma and discrimination. SAMHAJ helps families and peers affected by mental illness to navigate the complicated mental health system.

For the linguistic and cultural needs of our community, SAMHAJ developed a culturally competent, bilingual mental health provider’s referral list to assist individuals and families seeking services/referrals.

FAMILY AND RECOVERY SUPPORT GROUPS

- First Thursday of every month
North Brunswick, NJ
- First Sunday of every month
Morristown/Parsippany, NJ

SOCIAL GATHERINGS

For individuals in recovery, family members and friends

- Quarterly Social Group
- Annual summer Picnic
- Annual Winter celebration Luncheon

ADVOCACY

SAMHAJ promotes legislative and public policy issues, helps fight for parity in health insurance, eliminates stigma and discrimination and increases research into causes and treatment of brain disorders. We also advocate for improved services, community support and housing.

EDUCATION

SAMHAJ offers members free psycho educational programs, trainings and an array of educational presentations on various topics related to mental health and illness. These programs make it possible for families, peers and the general public to learn the facts, gain knowledge and acquire skills for living successfully with mental illness.

SAMHAJ has also developed culturally competent school presentations and trainings for mental health agencies, schools and other provider organizations to help them understand the unique linguistic and cultural needs of South Asian communities.

VOLUNTEERS WE NEED YOU

Are you looking to be a part of the progress & raise awareness for Mental Illness in our community?

If so, then NAMI NJ SAMHAJ has an incredible opportunity for you. Email your resume to samhaj@naminj.org