

Top 10 Common Warning Signs of a Mental Health Condition

- Feeling very sad or withdrawn for more than 2 weeks
- Trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behavior that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Throwing up, using laxatives or not eating to lose weight, significant weight loss or gain
- Seeing, hearing or believing things that are not real
- Repeated use of drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty in concentration
- Intense worries or fear that get in the way of daily activities

Mental health is a topic that few talk about in school and in the community. Start the conversation today and become a **NAMI Hunterdon Member**.

To locate or schedule a presentation, course, or group visit, contact **NAMI Hunterdon**.

Contact Us

“The mission of Mental Health is close to our hearts.”

NAMI Hunterdon

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Flemington, NJ 08822

(908) 284-0500



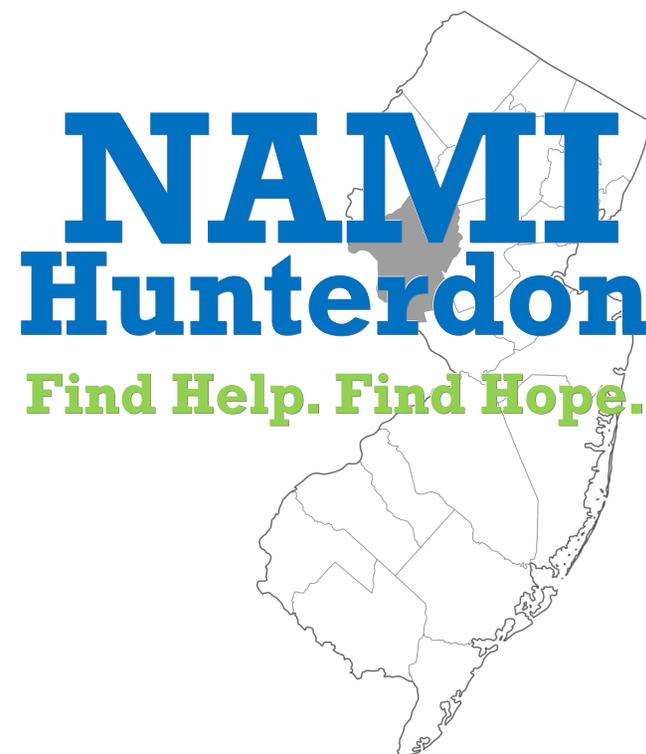
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www.namihunterdon.org

Join Our Mental Health Movement

Because Mental Health Matters



Become a NAMI Member Today

Our Mission

NAMI Hunterdon is a county-based nonprofit 501(c)3 organization of volunteers who are dedicated to improving the lives of all individuals affected by mental illness through support, education, and advocacy.

NAMI Hunterdon Board Leadership works to be a wealth of information to consumers, families, friends, and relatives of those dealing with day-to-day issues of living with mental illness. Interested in becoming a board member (officer or trustee) of NAMI Hunterdon? Please contact us at **(908) 284-0500**.

Voices Together

NAMI Hunterdon is part of a state and national NAMI network which seeks to improve the quality of mental health treatment, residential and support services that will benefit persons with mental illness and their families. With more than 220,000 volunteers nationwide, we are striving to improve the lives of everyone touched by mental illness. For more information, visit the following websites:



New Jersey



www.nami.org

www.naminj.org

Awareness

Mental Illness Awareness activities, newsletters, meetings, programs and conferences provide information about research and available treatments. Our educational efforts help government officials, legislators, service providers, and the public understand mental illness from both the families' and the individual's perspectives.

For more information on how to help raise awareness and how to become a **NAMI Hunterdon Member**, please call: **NAMI Hunterdon (908) 284-0500** or **NAMI NJ (732) 940-0991**.

Family Support

When one member in the family suffers from a serious mental illness, all family members are affected. In our local NAMI group, caring family members help one another learn to cope with their loved one's illness. They find emotional support to sustain and help them through times of crisis.

Ending Stigma

For many years, people suffering from mental illness and their families were blamed and stigmatized because the illness was not understood. During the last 10 years, research has firmly established that serious mental illnesses are due to biologically-based chemical imbalances of the brain. We are members of the Hunterdon County Mental Health Board's Stigma-Free Task Force and together, our goal is to eliminate the unjust stigma by developing and participating in programs to enlighten the community.

Meetings and Programs

- **Peer self-help center:** Socialization, recreation, wellness, and support for individuals living with mental illness ages 18+, The Getting Together Center, **(908) 806-8202**
- **Public Information and Advocacy Meeting:** Members of NAMI Hunterdon meet the 2nd Wednesday/month. Members of the public are invited to attend.
- **Family support group meetings** are held for family members on the 3rd Thursday/month.
- **Internet radio shows:** award-winning "Mental Health Matters" Mondays 2-3pm. "La Salud Mental Importa" Tuesdays 12-1pm (Spanish). www.hunterdonchamberradio.com
- **Book Club** meets to discuss mental health topic-related selections.
- **In Our Own Voice, Living with Mental Illness:** A program of community outreach presentations by individuals who are successfully living with mental illness.
- **Family to Family Education Program:** A free 12-week course for family caregivers of adult individuals with severe mental illnesses.
- **NAMI Basics:** A free 7-week workshop for primary caregivers of children and adolescents (ages 2-18) with mental illness.
- **Educating the Educators:** A NJ DOE certified continuing education program for educators.
- **Every Mind Matters:** Interactive health supplement designed for students in grades 5-12 and grades 9-12.
- **Mental Health First Aid** is a 3-year certification course that trains adults on how to help a person exhibiting mental health challenges or in crisis. For more information or to find a course near you: www.mentalhealthfirstaid.org