

## NAMI of Union County Education, Advocacy, Support

We are a group of New Jersey families dedicated to improving the quality of life for those affected by mental illness.

Founded in 2000, our affiliate is all-volunteer. NAMI members live in every Union County municipality.

### *FREE* programs:

- **“Family to Family”** – Coping skills and mental illness education for family members and caregivers
- **Meetings** - Speakers and topics important for you to hear
- **“Resource Guide”** - Navigating the Mental Health System in Union County – *contact us to receive a free copy!*
- **Social events and Scholarships** for those with mental illness.
- **Police Training** in crisis interactions and de-escalation methods
- **NAMI Walk** for Awareness



## Mental Illnesses are Brain Disorders!

**M**ental illness is a term used for a group of brain disorders – including *schizophrenia, bipolar disorder and major depression* – causing severe disturbances in thinking, feeling and relating that can result in diminished capacity for coping with ordinary demands of life.

**M**ental illness can affect persons of any age, sex, race, ethnicity, culture, religion, (dis)ability, and social and economic background.

**M**ental disorders are common. About 1 in 4 Americans have a diagnosable disorder in a given year. About 6% have been diagnosed with schizophrenia, bipolar disorder, major depression and/or another severe condition.

**O**f the 30,000 Americans who commit suicide each year, a vast majority are believed to have a mental illness or substance-abuse disorder – often in combination.

**M**ental illnesses are serious medical conditions. *They cannot be overcome through “willpower”* – and are not related to a person’s character or intelligence or upbringing.

**T**oday’s best treatments can be highly effective. Early identification and adherence to treatment plans are vital for your improved quality of life.

*You Are Not Alone!*



National Alliance on Mental Illness

## Union County

**Education,  
Advocacy & Support**

*for  
Families and Friends  
and for Persons  
with Mental Illness*

Visit us on Facebook  
[www.facebook.com/NAMI.UnionCounty](http://www.facebook.com/NAMI.UnionCounty)

PO Box 724  
New Providence, NJ 07974

Email: [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com)  
Phone: (908) 233-1628

Website:  
[www.naminj.org/affiliates/union](http://www.naminj.org/affiliates/union)

**NAMI of Union County** is an 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 of Union County** programs and publications have reached *tens of thousands* of Union County individuals – to help them understand mental illness from the families' perspective.

Remember,  
**“IT'S BETTER TOGETHER  
with NAMI”**

#### **CONTACT NAMI**

- Email: [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com)
- Phone: (908) 233-1628
- Web: [naminj.org/affiliates/union](http://naminj.org/affiliates/union)
- Visit us on Facebook:  
[www.facebook.com/NAMI.UnionCounty](http://www.facebook.com/NAMI.UnionCounty)



### ***AWARENESS***

Our newsletters, speaker presentations at colleges, street fairs and conferences, provide information about research and available treatments. These educational efforts help government officials, legislators, healthcare providers, and the public understand mental illness from the families' perspective.

### ***FAMILY SUPPORT***

When one member in the family suffers from mental illness, all family members are affected. The caring family members of **NAMI of Union County** help each other learn to cope with our loved ones' illnesses. We use mutual emotional support to sustain each other through times of crisis.

### ***ENDING DISCRIMINATION***

For many years, people with mental illness and their families were blamed and stigmatized because the illnesses were not understood. But research has firmly established that mental illnesses are biological disorders that can respond to treatment.

We invite you to *join with NAMI* to fight these debilitating illnesses.

## **Join NAMI today! Membership Form**

When you join NAMI, you not only become a member of the NAMI Union County affiliate, but also of NAMI New Jersey and the national NAMI organization.

You will receive NAMI's flagship publication, the *Advocate*, as well as the NAMI Union County newsletter.

You'll also be eligible to subscribe for free to NAMI e-newsletters.

#### **Yes, I want to Join NAMI!**

Please check Annual Dues level:

\_\_\_\_\_ \$40 Regular Annual Membership  
\_\_\_\_\_ \$5 Open Door Annual Membership (*for those with financial hardship*)

PLEASE PRINT:

\_\_\_\_\_  
**First and Last Name**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**City, State, Zip**

\_\_\_\_\_  
**Phone (optional)**

#### **Email (optional)**

Enclosed is my check for \$\_\_\_\_\_.  
Make payable to **NAMI of Union County** and mail with this form to:

NAMI of Union County, PO Box 724,  
New Providence, NJ 07974

If you would like to **pay with a credit card**, please visit [www.nami.org](http://www.nami.org). Open a NAMI account (if you've not done so already), log-in and click on "Join." Be sure to select "Union County" as your affiliate

<< NAMI dues are tax deductible >>

