

### Membership

Membership dues entitles you to National NAMI's magazine Advocate and opportunities to attend seminars, workshops and local, state and national conferences. Members of NAMI Warren County, NJ are also members of NAMI New Jersey and NAMI National

___ Individuals	\$40
___ Household	\$60
___ "Open Door"	\$5 for limited income
___ Donation	\$ _____

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Make check payable to:  
NAMI Warren County

Mail form & check to:  
NAMI Warren County NJ  
201 Strykers Road  
Suite 19 #224  
Phillipsburg, NJ 08865



### Facts About Mental Illness:

1 in 4 families are affected by mental illness.

Mental Illness affects 20% of all Americans and is more common than cancer, diabetes or heart disease.

More than 9 million adults have co-occurring mental illness and addiction disorders.

What to do if a loved one is in a "mental health crisis"?  
Have a plan in place

1. If you feel your loved one is in immediate danger to themselves or others, call 911 and describe the situation as a mental health crisis.
2. Stay calm, speak slowly and clearly.
3. Call the 24 hour Crisis Hotline.
4. Let them know you love them and want to help.
5. Have a trusted friend or family member help you.
6. Contact their therapist/counselor.



National Alliance on Mental Illness  
Phone: 908-619-9619  
E-mail: [namiwarrencounty@naminj.org](mailto:namiwarrencounty@naminj.org)  
[www.namiwarren.org](http://www.namiwarren.org)

For 24 Hour Crisis Hotline in Warren County  
call: 908-454-5141



**National Alliance on Mental Illness  
Warren County, NJ**

*An All-Volunteer, Non-Profit  
Organization, dedicated to  
improving the lives of individuals  
and families affected by mental  
illness.*

An Affiliate of NAMI-NJ

**From Discovery  
to  
Recovery**



[namiwarrencounty@naminj.org](mailto:namiwarrencounty@naminj.org)  
[www.namiwarren.org](http://www.namiwarren.org) 908-619-9619

## Our Structure

**NAMI-Warren County NJ** is an all-volunteer non-profit organization affiliated with NAMI-NJ. An Executive Committee plans and coordinates all its activities. Want to connect with **NAMI-Warren County NJ**?

*Family to Family* - meets for 12 weeks in the spring and in the fall. For more information see our website:  
[www.namiwarren.org](http://www.namiwarren.org).

*Family Support Group* - Meetings are held once a month in two different locations.  
On the 1st Thursday of each month,  
**7:00 PM - 8:30 PM.**  
Family Guidance Center  
492 Rt. 57 West, Washington, NJ.

On the 1st Saturday of each month,  
**10:00 AM - 11:30 AM.**  
Oxford Second Presbyterian Church,  
65 Washington Avenue, Oxford, NJ.

*NAMI Connections* meets 1st Saturday of each month **11:30 AM - 1:00 PM.**  
Oxford Second Presbyterian Church  
65 Washington Avenue  
Oxford, New Jersey



Support

## Education and Support Programs

*Family to Family* - A 12-week informational course for families and caregivers of those with a major mental illness such as:

- Bipolar Disorder
- Major Depression
- Schizophrenia
- Schizo-Affective Disorder
- Borderline Personality Disorder
- Anxiety Disorders (Panic Attacks, OCD, PTSD, etc.)

*Family Support Group* - A monthly meeting designed to help family members develop coping skills which enable them to better understand, empathize and assist in facilitating recovery of their ill family member. This group is led by NAMI-NJ trained peer facilitators, and takes place on the first Thursday and first Saturday of the month. *For details see our website.*

*NAMI Connections Recovery Support Group* is a free, peer-led support group for adults living with mental illness. The groups are led by NAMI-trained facilitators who've both been there, and are able to provide initial aid to people experiencing mental health crises. One can gain insight from hearing the challenges and successes of others.

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**[www.namiwarren.org](http://www.namiwarren.org)**

## Our Mission



Advocacy

**NAMI-Warren County NJ** is an all-volunteer, family oriented education and advocacy group dedicated to improving the lives of individuals and families affected by mental illness. Through education and public-awareness programs **NAMI-Warren County NJ** fosters understanding about mental illness, confronts stigma often associated with mental disorders, and advocates for policies and practices that benefit those affected by mental illness and their families. Our goal is to promote a high quality of life for those with mental illness and to serve family members and friends who care for those struggling with mental illness. For these families and friends, **NAMI-Warren County NJ** provides information, social and emotional support, and a community of understanding peers. Our advocacy efforts include:

- Fostering public education & awareness
- Providing presentations to religious, social and civic groups
- Active partnering with Professional and Government Organizations
- Promoting mental health legislation
- Speaking out for the rights of individuals with mental illness and their families