

Education

Family-to-Family National Alliance on Mental Illness

NAMI Family-to-Family is a free 12-week program for families, significant others and friends of people with mental health conditions. The course is designed to facilitate a better understanding of mental health conditions, increase coping skills and empower participants to become advocates for their loved ones.

Connection National Alliance on Mental Illness RECOVERY SUPPORT GROUP

NAMI Connection is a free, peer-led recovery support group for any adult who has experienced mental health symptoms. Meetings are held the first and third Monday of every month from 7-8:30 p.m. at Virtua Memorial Hospital: 175 Madison Avenue, Conference Room B, Mount Holly, NJ 08060.

Basics National Alliance on Mental Illness

NAMI Basics is a free, 6-session education program for parents, guardians and other family members who provide care for youth (age 22 or younger) who are experiencing mental health symptoms. NAMI Basics is offered in a group setting so you can connect with other people in person.

Walks National Alliance on Mental Illness

NAMI Burlington joins the movement to walk for mental health. NAMIWalks is a 5K annual event that raises awareness and funds for NAMI organizations across the country.



The Crisis Intervention Team (CIT-NJ) educates police departments throughout the state about how to respond to mental health crisis.

Family Support Group

Family Support Group National Alliance on Mental Illness

Family Support Group is a support group for family members, significant others and friends of people with mental health conditions.

Support Group Meetings

*First Presbyterian Church
101 Bridgeboro Road
Moorestown, NJ 08057
2nd & 4th Monday each month
7:00 to 9:00 p.m.*

*For more information:
856.222.9400 or namibcnj@yahoo.com*

*NAMI Burlington strictly adheres to the rules of confidentiality.
Personal information is not shared.*

Advocacy

- Burlington County Department of Human Services - Jail Diversion Task Force
- The Burlington County Mental Health Board
- NJ Legislature
- Coordinate with NAMI and NAMI NJ with advocacy programs

Crisis Hotline:
609.835.6180



Our Motto

“You Are Not Alone”

Are you or someone in your family affected by a brain disorder? Many of our volunteers' and members' families are affected by mental illness and know how challenging it can be to manage. We'd love to help, and we invite you to join us at our NAMI Burlington support group meetings.

Addiction

ADHD

Anger

Anxiety

Bipolar

Crisis

Delusions

Depression

Drugs

Eating Disorder

Fatigue

Frustration

Grief

Hallucinations

Irritability

Isolation

OCD

Panic Attacks

Paranoia

Phobia

Psychosis

PTSD

Sadness

Schizophrenia

Self injury

Stigma

Stress

Suicidal

Trauma

MENTAL ILLNESS



National Alliance on Mental Illness

Burlington County, NJ



OPEN YOUR MIND



Mental Illnesses are Brain Disorders

Worth magazine ranked NAMI in its "Top 100 charities most likely to change the world".

History of NAMI Burlington County NJ

In 1979 families and consumers banded together to start FACE (Family & Consumer Exchange). Later we became affiliated with NAMI and our name changed to NAMI FACE. Once again our name changed and in 2019 we became NAMI Burlington County NJ.

Our Mission

We're dedicated to building better lives for the millions of Americans affected by mental illness. We provide education to eliminate stigma, advocacy for non-discriminatory and equitable federal and state policies, and support for the mentally ill and their families.

History of NAMI and the Iris



NAMI adopted the iris as its emblem after the historic sale of Les Irises in 1987, a painting by Vincent van Gogh.

Throughout folklore, the iris has been regarded as the symbol of faith, hope and courage, one for each of its three sets of petals, and was given as encouragement to anyone who was suffering.



With the AmazonSmile program, you can support NAMI Burlington County every time you shop. Go to www.smile.amazon.com and log in with your Amazon account, choose NAMI Burlington County NJ as your charity, and start shopping. Amazon donates .5% of your purchase price to our organization.

Important Facts About Mental Illness

- It is defined as a brain disorder by the Brain & Behavior Research Foundation. Major brain disorders include schizophrenia, bipolar, depression, anxiety, and obsessive-compulsive disorder (OCD).
- It's very common. One in five families is affected by mental disorders every day.
- It can affect people of any age, race, religion, education, or income level.
- Mental illness is not caused by poor parenting or flawed character. Symptoms come from unknown or incompletely known chemical imbalances in the brain. Stress often triggers the symptoms.
- It's not a personality or character defect or a sign of failure or lack of faith.
- Mental illness is treatable with appropriate medical care, therapy, and a strong support system.



What is Recovery?

For a mentally ill person, recovery does not mean cured. It's about managing symptoms and maintaining hope. Recovery can be defined as:

- *The process in which people live, work, learn, and fully participate in their communities.*
- *The ability to live a fulfilling and productive life, despite a disability.*
- *A reduction or complete remission of symptoms.*
- *A deeply personal process of (re)gaining physical, spiritual, mental, and emotional balance.*
- *A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*

Membership Application

Join NAMI Burlington County Now!

NAMI Burlington is a nonprofit 501(c)3 organization and is open to all individuals who subscribe to its goals. Become a member and get benefits such as: a community of hope to help with the struggles and challenges of mental illness; a subscription to *Advocate*, our quarterly magazine; access to the latest information on brain disorders and medications on NAMI.org; and local, state, and national newsletters from NAMI and NAMI NJ. A NAMI Burlington County membership also includes NAMI and NAMI NJ memberships.



**By joining NAMI
you can help
stomp out STIGMA.**

Membership & Donation Form

Mail this form with check to:

NAMI BURLINGTON COUNTY
Moorestown Community House
16 E. Main Street, Moorestown, NJ 08057-3325

Name _____

Address _____

City _____

ZIP _____

Phone _____

Email _____

Select Membership/Donation:

- _____ Household \$60
 _____ Individual \$40
 _____ Open Door Limited Income \$5
 _____ Tax Deductible Donation \$ _____

856.222.9400 namibcnj@yahoo.com
www.naminj.org/burlington

