

# Join NAMI today!

## Membership Form

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

### Yes, I want to join NAMI!

Please check one and make check payable to "NAMI Sussex"

- \_\_\_\_\_ \$40 Regular Membership (individual)  
\_\_\_\_\_ \$60 Household Membership (all those living in the same household)  
\_\_\_\_\_ \$5 Open Door Membership (*for those with financial challenges*)  
\*\*\*\*Membership dues are fully tax deductible\*\*\*\*

All rates receive the same benefits. Member benefits at the national level include the Advocate quarterly magazine, convention registration discounts, access to NAMI's online member community, and more. **One vote per membership.**

Plus \$ \_\_\_\_\_ donation to NAMI Sussex (optional)  
Your tax deductible donation helps us to provide free Family-to-Family and Basics courses, programs and events.

PLEASE PRINT:

\_\_\_\_\_  
(1) First & Last Name

\_\_\_\_\_  
(2) First & Last Name (for Household membership only)  
Include any additional names on a separate piece of paper.

\_\_\_\_\_  
Address

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

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

Enclosed is my check for \$ \_\_\_\_\_.  
Make payable to **NAMI Sussex** and mail with this form to:  
NAMI Sussex, PO Box 652,  
Sparta, NJ 07871

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 "NAMI Sussex" as your affiliate.

## GAIN SUPPORT FROM OTHERS WHO TRULY UNDERSTAND

### "Strength in Unity"

~ ~ ~

**Attend our meetings:**

Family Support

Peer Support

General Membership

For times and locations

call **973-214-0632**, or

email [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com).

Visit us at:

[www.nami-sussex-nj.org](http://www.nami-sussex-nj.org)

[www.facebook.com/namisussex](https://www.facebook.com/namisussex)

[www.twitter.com/namisussex](https://www.twitter.com/namisussex)



*Your Voice  
on Mental Illness...*



**National Alliance on Mental Illness**

You are not alone!

*The Largest Non-Profit, Grassroots  
Organization of its kind in the U.S.*



**An all-volunteer 501(c)3 nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.**

*Affiliate of NAMI NJ  
Member: Sussex County Chamber of  
Commerce*

**P.O. Box 652  
Sparta, NJ 07871  
973-214-0632**

Federal tax ID no. 223595599

## **Our Vision**

NAMI Sussex envisions a community where those impacted by mental illness obtain the help, support and hope they require to achieve resiliency, recovery and wellness.

## **How We Help**

### **Our Family Support Groups**

help family members develop coping skills to enable them to better understand, empathize and assist in facilitating the recovery of their ill family member.

### **Our Peer Support Group,**

called "NAMI Connection," is comprised of individuals recovering from mental illness who help each other on the road to recovery. The group is led by NAMI NJ-trained peer facilitators who have experienced mental illness first hand.

### **Our PTS Connection Group**

for veterans, police and first responders recovering from Post-Traumatic Stress as a result of their service.

## **Educational Programs**

**Family-to-Family** - A free 8-week course for families and caregivers of those with a major mental illness, such as:

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

**NAMI Basics** - A free 6-week course for parents/guardians of children and adolescents with behavioral, emotional or mental health challenges.

**In Our Own Voice** - A multi-media, inspirational program presented by one or two NAMI members living in recovery from mental illness. (Provided free of charge by NAMI New Jersey.)

**Ending the Silence** - A free 50-minute prevention and early intervention presentation designed to raise the awareness of teens and pre-teens about mental health and teach them to recognize early warning signs.

**Law Enforcement Education** - NAMI Sussex participates in Sussex County's Crisis Intervention Training (CIT) for law enforcement officers, as well as quarterly meetings hosted by the county prosecutor's office.

## **NAMI Advocacy**

- Fostering Education and Awareness in the Community
- Providing Presentations to Religious, Social and Civic Groups
- Partnering with Professional and Support Organizations
- Fighting Stigma and Discrimination
- Standing Up for the Rights of Individuals with Mental Illness and their Families
- Promoting Mental Health Legislation and Funding

## **NAMI Sussex**

**has been honored to receive...**

- *The "Outstanding Affiliate Revitalization Efforts Award" for 2009 from NAMI New Jersey*
- *The "Ambassador Award for Mental Health Service" for 2010 from the New Jersey Governor's Council on Mental Health Stigma*