

ABOUT MENTAL ILLNESS...

Severe Mental Illnesses Are:

- Biological brain disorders which interfere with normal brain chemistry. Genetic factors may create a predisposition in some people, and life stresses may trigger the onset of symptoms.
- Equal opportunity diseases, striking families from all walks of life, regardless of age, race, income, religion or education.
- Devastating to ill persons and their friends. One's thinking, feelings, and social relations are disrupted, seriously reducing the ability to live a normal life. All family members are affected.
- Treatable! Appropriate medical care, medications, and rehabilitation enable many people to live productive lives.

Severe Mental Illnesses Are Not:

Anyone's fault. They are not caused by poor parenting or a weak character.

Preventable or curable at this time. Great advances are being made in understanding brain functioning, but not enough is known yet to prevent or cure serious mental illnesses.

Hopeless! These illnesses present difficult challenges, but support, education, and community of friends who understand are there for you!

24-Hour Mobile Crisis Unit
(856) 845-9100

NAMI Gloucester County, Inc
P.O. Box 85
Sewell, NJ
08080



Gloucester County

Support..Sharing..Advocacy

SUPPORT

NAMI GLOUCESTER COUNTY, INC. provides opportunities for sharing experiences and for exploring coping techniques.

At our support group meetings, we learn that we are not alone; we are not to blame; we are not powerless to deal with these illnesses; and we can improve your loved one's life as well as our own.

These support meetings provide a caring, understanding atmosphere in which anger, pain, denial, and disappointment can be channeled into constructive action.

SUPPORT GROUPS



Virtual Meeting
2nd Wed. of every month
7:00 - 8:30 PM
Registration Required
Contact **the Office of NAMI Gloucester County** for Info
namigc@comcast.net
(856) 582-7461



Virtual Meeting
Every Monday
7:00-8:30 PM
Registration Required
Contact **the Office of NAMI Gloucester County** for information
namigc@comcast.net (856)582-7461

ADVOCACY

We advocate for support services for our family members by:

- Fighting the stigma of mental illness
- Serving on committees and boards of local and state mental health agencies
- Supporting legislation aimed at achieving parity for health insurance, eliminating stigma and discrimination, increased funding treatment of brain disorders, safe and affordable housing, rehabilitation, and employment.

Contact: Darlema darlemabey@gmail.com

EDUCATION



NAMI Family-to-Family Education Program is a free, 8-week course for family caregivers of individuals with severe mental illnesses.

- The course is taught by trained family members
- All instruction and course materials are free to class participants
- Over 300,000 family members have graduated from this national program.

For more info, contact: **The Office of NAMI Gloucester County**
namigc@comcast.net (856) 582-7461



NAMI Gloucester County offers speakers free of charge. Speakers explain mental illnesses and how to deal with crisis situations. **Contact:** Elaine Goodman at namilaw@aol.com or 856-468-5550 for more info.

MEMBERSHIP

NAMI GLOUCESTER COUNTY, INC. is a not-for-profit corporation and is open to all individuals who subscribe to its goals. Yearly membership dues include membership in NAMI and NAMI NEW JERSEY. Members will receive the local, state, and national newsletters from these organizations. Meetings are open regardless of membership status.

Join

Complete form and mail to address below

Name _____
Address _____
City _____ State ___ Zip ___
Phone _____
Email _____

Sign Up OnLine

NAMINJ.org (State)
NAMI.org (National)

Rates

Household membership \$60.
Individual membership \$40.
Open Door membership \$5.
Tax Deductible Donation

Our Contact

NAMI GLOUCESTER COUNTY, INC.
PO Box 85, Sewell, NJ
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(856)582-7461
namigc@comcast.net
Anna GuidaLacca-President

Contact our office, to ask about our programs and/or volunteer opportunities.