

Join NAMI

Become a part of NAMI! Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the mental health movement.

There are two ways to become a part of NAMI:

- **Create a free NAMI.org account** to start connecting with NAMI and to get all the latest updates.
- **Become a NAMI member** at all three levels of the organization—national, state and local—with one payment! We have three membership rates:
 - \$60 per year for a Household membership that includes all members of a household living at the same address
 - \$40 per year for a Regular membership which is an individual membership for one person
 - \$5 per year for an Open Door membership for an individual member with limited financial resources

Online

Sign up at www.nami.org/get-involved/join

Offline

Select one of the above rates, complete form below and mail this flap with a check to NAMI NJ.

Name: _____

Address: _____

Email: _____

Phone: _____ County: _____

About Mental Illness

- 1 in 5 adults in the U.S. experiences mental illness in a given year.
- Mental illness is a term used for a group of disorders causing severe disturbances of thinking, feeling, and relating. It can affect persons of any age, sex, race, religion, social and economic background.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.
- Studies show that people with mental health problems can get better and many recover completely. There are more treatments, services, and community support systems than ever before, and they work.

Learn more at www.nami.org/Learn-More

Find A NAMI Local Affiliate

NAMI NJ's local County Affiliates work in local communities across the state to raise awareness and provide essential and free education, advocacy and support group programs.

Visit our website, www.naminj.org, to find your local NAMI affiliate contact.



Improving the lives of individuals and families affected by mental illness.



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facebook.com/NAMINewJersey

twitter.com/NAMI_NJ



Our Mission

NAMI New Jersey is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness - we foster understanding about mental illness, confront stigma often associated with mental disorders, advocate for policies that benefit all, and promote research into the causes, treatment and recovery. We work toward a brighter future for all those affected.



You Are Not Alone

Self-help support groups are provided by NAMI New Jersey Affiliates and multicultural programs. Caring members help one another learn to cope with the effects of mental illness. They provide understanding, acceptance and mutual support in times of crisis. NAMI New Jersey offers hope, support, education, and a community of people who understand. For the most up-to-date contact information, please visit www.naminj.org or call 732-940-0991.



Education

Through education, activities, and events, we provide information about the latest research and available treatments for mental illnesses. Our awareness activities foster understanding and reduce stigma. We help professionals, government officials, law enforcement, schools, service providers and the general public understand mental illness from the family and individual perspective through customized trainings and presentations. We organize conferences as well as an annual NAMIWalk, the nation's largest grassroots awareness event dedicated to mental illness.



Advocacy

NAMI New Jersey promotes legislative and public policy issues that improve mental health services, achieve parity in health services and health insurance, eliminate stigma and discrimination, and increase research into the causes and treatment of mental illness. Our members and staff serve on committees, boards and advisory groups of local and state organizations to address these needs.

Through grassroots advocacy we bring a voice to the concerns of caregivers, families, friends and persons affected by mental illness. The strength of our advocacy comes from the collective work of those who mobilize to make a phone call, write a letter or visit a key policy maker. Because advocates vary in the amount of time they can devote to these efforts, there are opportunities for people to participate in multiple ways.

NAMI NJ Programs

NAMI Signature Programs:

- NAMI Basics
- NAMI Connection Recovery Support Group
- NAMI Ending the Silence
- NAMI Family & Friends
- NAMI Family-to-Family
- NAMI Family Support Group
- NAMI In Our Own Voice
- NAMI Smarts For Advocacy

Home-grown Programs:

- Dara Axelrod Expressive Arts Network
- Hearts and Minds Wellness Education Program
- Law Enforcement Education Programs
- Multicultural Outreach: AACT-NOW! - African American Mental Health Outreach; CAMHOP - Chinese American Mental Health Outreach; NAMI NJ en Español Program; SAMHAJ - South Asian Mental Health Awareness
- School Education Programs: Educating the Educators (ETE); Every Mind Matters (EMM)
- Veterans Information Program

Others:

- Family Participation in DMHAS Site Reviews
- Family Support Act Workgroups
- Intensive Family Support Staff Training
- Leadership Training and Development
- Legislative and Public Policy Advocacy
- National Institute of Mental Health Outreach Partnership
- Providing Information, Referral, Public Education, and Awareness
- Self-Help Support Group Facilitator Training