

A Few Facts

SEVERE MENTAL ILLNESSES ARE:

- **BIOLOGICAL BRAIN DISEASES** which interfere with normal brain chemistry. Genetic factors may create a predisposition in some people, and life stresses may trigger the onset of symptoms.
- **VERY COMMON.** Persons with mental illnesses occupy more hospital beds than heart disease and cancer combined. In one year 30.7 million Americans are affected, striking families from all walks of life. That's 16.7% of the population! Over 3 million American children and adolescents suffer from these illnesses.
- **DEVASTATING** to ill persons and their families. Mental illnesses disrupt a person's thinking, feeling, and behavior, seriously reducing the ability to lead a normal life. All family members and the community are affected.
- **TREATABLE!** With appropriate medical care and treatment, many people can recover to live meaningful and productive lives.

SEVERE MENTAL ILLNESSES ARE NOT:

- **ANYBODY'S FAULT.** Mental illnesses are not caused by poor parenting or weak character.
- **PREVENTABLE OR CURABLE** at this time. Scientists have made great advances in understanding the brain. But not enough is known yet to prevent or cure serious mental illness.
- **HOPELESS!** These illnesses present difficult challenges, but help is available. Support, education, and an understanding community of family and friends can make family life satisfying and meaningful again.



NAMI Phoenix is one of ten statewide affiliates of NAMI Arizona, and one of over 1,200 state and local affiliates of the National Alliance on Mental Illness (NAMI). We are a non-profit, grassroots, self-help, family and consumer organization **dedicated to improve the lives of people with severe mental illnesses.**

These illnesses include schizophrenia, bipolar disorder (manic depression), major depression, anxiety disorders, compulsive disorders, borderline personality, and co-occurring disorders with alcohol and substance abuse.



Mailing Address:

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602.374.7439

www.NamiPhoenix.org

WHEN FAMILIES FACE



MENTAL
 **LLNESS**

NAMI Phoenix
offers

SUPPORT
EDUCATION
ADVOCACY

OUR GRASS ROOTS GO BACK TO THE VERY BEGINNINGS OF NAMI!

The National Alliance for the Mentally Ill (NAMI) was formed in 1979, and dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases.

In 1982 the Arizona Alliance for the Mentally Ill—a state organization—was formed. The following year, the Family Alliance for the Mentally Ill (FAMI) was created and became the fifth affiliate in the nation to join NAMI.

Then in 2000, NAMI Phoenix was formed by merging three local NAMI affiliates—the original FAMI, the North Valley Alliance for the Mentally Ill, and the Phoenix Alliance for the Mentally Ill. The merger combined the strengths of each local affiliate and produced one strong, large Phoenix organization—NAMI Phoenix.

In 2005, NAMI National Membership passed a resolution changing its name to National Alliance on Mental Illness.

Carrying on the tradition of bringing family support, education and advocacy to Arizona, NAMI Phoenix today is the largest local NAMI affiliate in Arizona. Its membership brings hope, help and a wide range of programs to Arizona families affected by mental illness.



NAMI PHOENIX SUPPORTS, EDUCATES & ADVOCATES FOR FAMILIES

—SUPPORT—

A NAMI Phoenix support group meets somewhere in Phoenix every week. NAMI Phoenix offers daytime and evening support groups.

*For more information about NAMI Phoenix Support Groups and current schedules, please call **602.374.7439***

—EDUCATION—

NAMI Phoenix provides its members and the Phoenix community with diverse educational opportunities for all those affected by mental illness in the family. These ongoing Educational Programs include:

IN OUR OWN VOICE:

LIVING WITH MENTAL ILLNESS

A two-hour presentation given by trained consumer facilitators to audiences of either consumers, professionals, students or community members. Consumers explain how they live successful lives in spite of severe mental illness.

FAMILY-TO-FAMILY

A twelve-week education program for families of persons with mental illness. The course informs about mental illness diagnoses, medications, coping skills, empathy, communication skills, and more.

PEER-TO-PEER

An experiential learning program for people with any serious mental illness who are interested in establishing and maintaining wellness and recovery.

BI-MONTHLY NEWSLETTER

Our newsletter, *Caring and Sharing*, is published every two months and is available FREE by e-mail. Write: webmaster@NamiPhoenix.org.

ADVOCACY

We have a committee on advocacy for Mental Health. Our activities includes community outreach and educating our elected representatives.

BOARD MEETINGS

Second Monday on alternate months, 6:30 pm, the NAMI Arizona Family Center, 2210 N. 7th St., Phoenix. Open to the public. Call or check our website for time & dates: **602.374.7439**.

Also, check our website www.NamiPhoenix.org for upcoming education programs, advocacy tips, volunteer opportunities, calendar of events and the latest newsletter.

JOIN NAMI PHOENIX TODAY!

As a member of NAMI Phoenix, you will join forces with over 220,000 national NAMI members who may either have mental illness or may be parents, spouses, siblings, children or friends.

BENEFITS OF MEMBERSHIP INCLUDE:

- **KNOWLEDGE** that you have helped NAMI—the Nation's Voice on Mental Illness.
- **SUBSCRIPTIONS** to NAMI's quarterly magazine, the *Advocate*; the state NAMI Arizona Newsletter; and the NAMI Phoenix newsletter, *Caring & Sharing*. You will receive the latest information on research, treatments and services for mental illness. In addition you will know about local support groups, educational and social programs, and advocacy opportunities.
- **DISCOUNTS** on Annual Meetings, National Conventions and NAMI publications.

MEMBERSHIP DUES SCHEDULE:

Individual/Family	\$35
Agency/Corporate	\$200
Open Door (<i>limited income</i>)	\$ 3

Please send your name, address, telephone number and dues payment to:

NAMI Phoenix

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