

HOW CAN I JOIN?

Select an Affiliate:

- Central MS Vicksburg Yazoo City
 Gulf Coast Meridian
 Pine Belt Oxford

Annual Memberships

- Individual: \$40.00 Open Door: \$5.00
 Household: \$60.00

Contribution Levels

- Donor \$1 - \$99
 Friend \$100 - \$499
 Sponsor \$500 - \$1499
 Patron \$1500 - \$3499
 Benefactor \$3500 and above

- New Membership Renewal

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

Please return the completed application with checks payable to:



2618 Southerland Street, Suite 100
Jackson, MS 39216

*All dues and contributions are tax-deductible.
Call NAMI Mississippi for the nearest support group and education class in your area.*

Thank you for your support!

WHAT MEMBERSHIP INCLUDES

Individual, Open Door and Household

- Membership at the local affiliate, state, and national levels;
- Voting rights at the affiliate and state levels so you can express your voice on mental illness;
- Subscription to NAMI National's quarterly newsletter, the *Advocate*, which features cutting-edge articles about the latest research, treatment, and medications for mental illnesses, and the status of major policy and legislation, as well as electronic and printed newsletters at the state and affiliate levels.

HOW CAN YOU HELP?

- Avoid stigmatizing mental illness by: learning the facts, objecting to stigmatizing attitudes/language, insisting on accountable media, and not perpetuating myths.
- Hire persons who have a mental illness. Help them re-integrate into society with jobs and housing.
- Participate in your local NAMI Mississippi affiliate for continued education and support.
- Tell others about NAMI.

**TOGETHER,
WE ARE MAKING
A DIFFERENCE.**



**Education makes
a difference.**

***Your membership helps
make it possible.***

2618 Southerland Street, Ste 100
Jackson, MS 39216
601-899-9058 / 800-357-0388
Fax: 601-956-6380
stateoffice@namims.org
State Web Site: namims.org

National Web Site: nami.org
NAMI HelpLine: 800-950-6264
Crisis Text Line (24/7): 741-741

NAMI Mississippi is a state organization of the National Alliance on Mental Illness (NAMI). We are a non-profit, grassroots, and advocacy organization dedicated to improving the lives of persons with serious mental illness and their families. We work to accomplish our mission through support, education, advocacy, and research.

WHAT IS MENTAL ILLNESS?

Mental illnesses are serious medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. The major illnesses include: schizophrenia, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, and anxiety disorders. Research shows mental illnesses are associated with chemical imbalances or other functional problems that interfere with the brain's normal processes.

These disorders affect people of all ages, races, cultures and socioeconomic classes. One in four adults in America experiences a serious mental illness in a given year.

WHAT DOES NAMI MISSISSIPPI DO?

NAMI Mississippi provides a range of services to individuals and families living with mental illness.

Support

NAMI Mississippi offers an array of support and education programs that help build better lives for Mississippians affected by mental illness. Recovery is possible; but treatment and services must be available and affordable. NAMI informs people of evidence based practices and new research. NAMI brings information to people about the service system and where to go. Advocating at the legislature and to the various state departments, NAMI seeks increased funding for services that work and to create a seamless understandable system for both children and adults.

Education

We work to eliminate stigma associated with mental illness and educate by providing up-to-date information through:

-  **Family to Family Education Program** - Trained family members instruct a free, 12-session education course on serious mental illness, treatment, and effective coping skills for family members.
-  **NAMI Basics Education Program** - Trained family members instruct a free, six session education course designed for caregivers of children and adolescents having behavioral/emotional difficulties or mental illnesses.
-  **Peer to Peer Education Program** - A free learning program for persons with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Taught by three trained peer mentors, the course contains information on individual relapse prevention planning, advance directive for psychiatric care, and more.
-  **Provider Education** - An education program for mental health service providers co-taught by consumers, professionals, and family members. This course teaches the emotional aspects and practical consequences of serious mental illnesses and helps providers understand the family/consumer perspective aiding in communication, sustainable recovery, and a healthier family environment.
-  **In Our Own Voice: Living with Mental Illness** - A one and a half-hour interactive, multimedia presentation by consumers that offers hope and provides insight into the recovery now possible for people with mental illness.
-  Publication of a newsletter, annual state conference, public speaking engagements, and presentations;
-  Our toll-free HelpLine (1-800-357-0388) which provides crisis information, support, educational packets, and referrals.

Advocacy

We advocate at all levels—affiliate, state and federal—to insure that all persons affected by mental illness receive the services they need and deserve in a timely fashion such as greater access to treatment, housing, employment, insurance coverage and evidence-based practices.

Research

We support a national commitment to scientific research into causes, more effective treatments, and cures for mental disorders.



WHO SHOULD JOIN NAMI MISSISSIPPI?

-  Individuals with a mental illness;
-  Family members or friends of someone with a mental illness;
-  Parents of a child or adolescent with a mental illness or attention-deficit hyperactivity disorder (ADHD) or pervasive developmental disorder (PDD) or a child identified with an emotional disturbance by his or her local school;
-  Mental health professionals or agencies who care for individuals with serious mental illness;
-  Teachers, counselors, or educators working with youth or;
-  Interested individuals who want to learn more about these serious medical conditions that affect one in four adults in America in a given year.