

What is NAMI MASS?

The mission of NAMI Massachusetts is to improve the quality of life both for people with mental illnesses and for their families.

NAMI Massachusetts is a volunteer-driven organization committed to the key concepts of recovery, resiliency, and support that are essential to wellness and quality of life; to full and meaningful lives for all persons and to programs that are both peer-driven and family-driven.

Here's how we can help:

- Toll-free phone number to call for information on how to navigate the mental healthcare system – this helpline assists thousands of people access the services they need.
- Education programs
- Support groups
- Individual, community, and state level advocacy
- User-friendly website
- Printed resource materials

What is Mental Illness?

A mental illness is a medical condition that disrupts a person's thinking, feelings, mood, ability to relate to others, and/or daily functioning.

Mental illnesses affect the brain, just as diabetes, heart disease, and cancer affect other organs in the body.



With early intervention, treatment, and support, people with mental illness can live full, productive lives.



Pictures from NAMIWalks Massachusetts 2014
Photo Credit David Fox Photography

NAMI Massachusetts strives to educate the public; to fight stigma, discrimination and stereotypes; and promote recovery.

Improving Lives through Education

Family-to-Family is a free evidence-based 12-week course for families, partners, and friends of individuals with serious mental

illness – taught by NAMI-trained family member volunteers – focusing on the emotional responses families have to the trauma of mental illness.

NAMI Basics is a free six-week, peer-taught education program developed specifically for parents and other caregivers of children and adolescents showing signs of behavioral or emotional problems.

In Our Own Voice is a free one-hour presentation that both offers insight into the hope and recovery possible for people living with mental illness and delivers a strong anti-stigma message. Trained individuals living with mental illness present a brief, yet powerful program, accompanied by a video, about their own illness, recovery, and hopes.

The Criminal Justice Diversion Project (CJDP) focuses on preventing the unnecessary arrest, detention, and incarceration of persons living with mental illness and promoting diversion into responsive community-based mental health treatment. The Project is developing strategies to make high quality training on mental illness accessible to police departments in every city and town in Massachusetts.

Peer-to-Peer is a free 10-week education course for individuals in recovery from mental illness. Participants will come away with a “relapse prevention plan” that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and other survival skills. The course provides critical

information and strategies related to living with mental illness. Classes are taught by mentors with lived experience.

Improving Lives through Support

NAMI Family Support Groups are free structured groups for family members of someone living with mental illness facilitated by a trained family member, in which people learn from one another's experiences, share coping strategies, and offer mutual encouragement and understanding.

NAMI Connection is a free 90-minute recovery support group for individuals living with mental illness facilitated by NAMI trained peers (persons in recovery). Group participants learn from one another's experiences, share coping strategies, and offer mutual encouragement and understanding.

Improving Lives through Advocacy

NAMI Massachusetts is dedicated to raising awareness of the needs of individuals. We advocate for community based services such as employment, housing, education, medical treatment, access to medications, rehabilitation, and hospitalization services.

We are at the forefront of advocating for adequate resources for the Department of Mental Health and in promoting our legislative priorities to policymakers.

To see our current priorities go to:

<http://www.namimass.org/contact/advocacy>

Join NAMI Massachusetts Today!

When you become a NAMI Member you join NAMI at the Affiliate (local chapter), State, and National level. NAMI is a grassroots non-profit organization with 18 Affiliates located throughout Massachusetts, a state office in Boston, Massachusetts, and over 1000 Affiliates located throughout the United States. Standard Membership is \$35 per year. Open Door Membership, for persons with low income, is \$3 per year.

Benefits of Membership:

1. You receive the NAMI Advocate Magazine.
2. You receive the NAMI Mass Newsletter.
3. You receive information on research, resources and education events by regular mail and email.
4. You receive discounts on NAMI convention registration fees, and education materials.
5. You get connected with your local NAMI affiliate.
6. More importantly when you join NAMI you make your voice strong and make our voice stronger advocating on behalf of you and your family.

Please Join Us!

Find your local affiliate here:

<http://www.namimass.org/local-namis/local-nami-affiliates-2>

NAMI Massachusetts
The Schrafft's Center
529 Main Street
Suite 1M17

Boston, MA 02129

P: 617.580.8541 • F: 617.580.8673

www.namimass.org

Do you know someone with a mental illness? You are not alone. We can help!



With one in five adults in the U.S. having a diagnosable mental illness each year, it could be a family member, a friend, a work colleague - or you.



Mental Health is Essential to Good Health

info@namimass.org

**800.370.9085 or
617.580.8541**

www.namimass.org





Do not publish my name

You can also join online at www.namimass.org or www.nami.org

Checks may be made payable to "NAMI Mass" or the local Affiliate of your choice.

Join the thousands of Americans dedicated to improving the lives of people with mental illness and their families. When you join, you become part of NAMI at the national, state and local levels. Member benefits include: The Advocate Magazine, NAMI Newsletter, Member Discounts and access to our online member community.

Membership Levels

Individual/Family \$35.00
Open Door \$3.00

Membership dues are fully tax-deductible as allowed by law.

Name: _____
Address: _____
City: _____
State: _____
Phone: _____
Email: _____

Yes! I would like to become a member of NAMI. Please accept my membership in the following category:

Individual Open Door

I would also like to make an additional Donation to:

NAMI MA My local affiliate: _____

(If not specified donations will go to NAMI MA)

Charge My:

Visa MasterCard

Credit Card #: _____

Exp. Date: _____ CVV Code _____ (back of card)

Signature _____

TOTAL ENCLOSED: \$ _____

Please Mail to:
NAMI Massachusetts
The Schrafft's Center
529 Main Street
Suite 1M17
Boston, MA 02129

How did you hear about NAMI?

- In Our Own Voice Presentation*
- Family-to-Family Class*
- Basics Class*
- Peer-to-Peer Class*
- Peer Support Group*
- Family Members Support Group*
- Website*
- Social Media*
- NAMI Walk*
- Referral from a Physician or Mental Health Professional*
- Other*

To find a local affiliate (local chapter) please visit our website at <http://www.namimass.org/local-namis/local-nami-affiliates-2>

Would you like your local affiliate to contact you?

- Yes*
- No*