

## MAJOR MENTAL ILLNESSES

Severe and persistent mental illnesses that affect the brain include:

- paranoid schizophrenia,
- schizo-affective disorder,
- bipolar disorder,
- major depression,
- obsessive-compulsive disorder,
- panic

and other severe anxiety and related disorders.

They cause disturbances in thinking, feelings, moods and relating, and make coping with ordinary demands of life difficult. Mental illnesses are different from intellectual disabilities which are usually a diminished intellectual capacity at birth.

### WHAT TO DO TO HELP

Be better informed  
Be more caring  
Join a NAMI near you.

### WHERE TO GO FOR MORE INFORMATION

NAMI National: [www.nami.org](http://www.nami.org)

NAMI Texas: [www.namitexas.org](http://www.namitexas.org)

NAMI Dallas: [www.namidallas.nami.org](http://www.namidallas.nami.org)

NAMI Kaufman County

[www.nami.org/sites/namikaufmancounty](http://www.nami.org/sites/namikaufmancounty)

## MENTAL ILLNESS

- Affects 1 in 4 adults per year
- Affects persons of all age, ethnic, and economic groups.
- Is medically underserved, scientifically under-researched and widely misunderstood.
- Devastates caring families emotionally, physically, and financially.
- Can and does improve with proper medication and support systems.

## MENTAL ILLNESS is NOT

- Caused by childhood trauma •
- Caused by parenting •
- Caused by guilt or acts of failure •

## NAMI - KAUFMAN COUNTY CONTACT INFORMATION

1505 E. 1st North Street  
Kaufman, Texas 75142

Phone: 972-962-3784 • 214-202-1183  
972-551-8535

Email: [namikaufmancounty@yahoo.com](mailto:namikaufmancounty@yahoo.com)  
[www.nami.org/sites/namikaufmancounty](http://www.nami.org/sites/namikaufmancounty)

### Other Contact:

Every Tuesday, 9:00 am to 12:00 pm  
at: Terrell State Hospital,  
1200 Brin Street,  
Chapel Annex Room 112,  
Terrell, TX 75160.

Phone: 972-551-8535, Fax: 972-551-8577



**nami**

National Alliance on Mental Illness

**Kaufman  
County**



## It is time to make a difference

**Mission:** *"To improve the lives of all persons affected by serious mental illness by providing support, education, and advocacy through a grassroots network."*

**Mental illness is a brain disorder. It is a disease. It is a limit of biochemistry, not character. It is biological and physical. It is affected by life circumstances.**

NAMI - Kaufman County is a 501(c)3 non-profit organization



## WHO WE ARE

NAMI-Kaufman County is a volunteer self-help, non-profit organization that addresses the needs of persons and the families of persons with severe mental illness. We are an affiliate of NAMI Texas and NAMI National. NAMI was founded in Madison, Wisconsin in 1979 by a small group of desperate parents.

Currently NAMI has more than 220,000 members in more than 1200 affiliates in all 50 states. Texas became an affiliate in 1984 and Kaufman County became an affiliate in 2005.

## HOW WE HELP

- Provide support groups
- Provide educational classes
- Sponsor informative and educational speakers and programs.
- Advocate for improved and equitable services and nondiscriminatory funds at local, state and federal levels.
- Encourages Crisis Intervention Training

Adapt Community Solution Mental  
Health Crisis Line and Mobil Crises  
Teams serving all 7 NorthSTAR counties

**1-866-260-8000**

**SUICIDE PREVENTION LIFE LINE**  
**1-800-273-8255**

## MEETING INFORMATION

### Monthly Support Meetings

Place: Lakes Regional MHMR  
400 Airport Road  
Terrell, Texas 75160  
Date: Third Thursday each month  
Time: 6:30 pm - 8:00 pm

### Educational and Informative Programs

Educational and informative programs are scheduled every three months. Times and locations are announced when scheduled.



## Programs Available in Kaufman County

### Family to Family

### In Our Own Voice

### NAMI-Walks

### Visions for Tomorrow

### Visions for Tomorrow Professional Training

### Great Minds Think Alike

## MEMBERSHIP APPLICATION

NAMI - Kaufman County welcomes your membership. It entitles you to membership in NAMI Texas and NAMI. You will receive publications from all three organizations

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

### Annual Dues

\_\_\_ Regular \$35.00

\_\_\_ Open Door \$3.00\*

\*(for persons with limited income)

### Mail to:

NAMI - Kaufman County  
1505 E. 1st North Street  
Kaufman, TX 75142

You may also join online at:

[www.nami.org](http://www.nami.org)





## **FREE CLASSES**

### **FAMILY-TO-FAMILY EDUCATION PROGRAM**

**Free for family members, partners and friends of individuals with:**

**Major Depression**  
**Bipolar Disorder (Manic Depression)**  
**Schizophrenia and Schizoaffective Disorder**  
**Borderline Personality Disorder**  
**Panic Disorder and Obsessive Compulsive Disorder**  
**Post- Traumatic Stress Disorder (PTSD)**  
**Co-occurring Brain Disorders and Addictive Disorders**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these brain disorders. **There is no cost to participate in the NAMI Family-to-Family Education Program.** Over 300,000 people in the U. S., Canada, and Mexico, and Northern Italy have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

**Classes start: Tuesday, September 5, 2017**

**Lakes Regional Community Center**

**400 Airport Rd.**

**Terrell, TX 75160**

**6:30 p.m. – 9:00 p.m.**

**To register call Co-teachers:**

**Leatha Washington -972-551 0936**

**Jesse West – 214-463-7651**

**NAMI OFFICE – 972-962-3784**



**Kaufman  
County**

## Family Support Group Meeting



**Fourth Thursday of each month**

**6:30 p. m. - 8:00 p. m.**

**Texas Health Presbyterian Hospital**

**850 ED Hall Drive (Basement room A)**

**Kaufman, TX 75142**

**Support for families who have a family member with a brain disorder.**

For more information contact: 214-202-1183 or 972-962-3784



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## Family Support Group Meeting



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