



## *Did you know ...*

- Mental illness is the term for a group of disorders causing severe disturbances in thinking, feeling, and relating, which result in substantially diminished capacity for coping with the ordinary demands of life.
- Mental illness in a family is nothing to be ashamed of. Mental illness can affect persons of any age and can occur in any family, regardless of race, gender, wealth, or social status. Approximately 1 in 5 adults in the U.S. – 43.8 million or 18.5% – experiences mental illness in a given year.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness. Half of all chronic mental illnesses begin by age 14; three quarters by age 24. Despite effective treatment, there can be long delays between the onset of symptoms and when people get help, if at all.
- Persons with mental illness have a neurobiological disease. Those with mental illnesses are usually of normal or high intelligence, however their illnesses create difficulty performing at a normal level.

*You are not alone!*

## *Join NAMI Now!*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

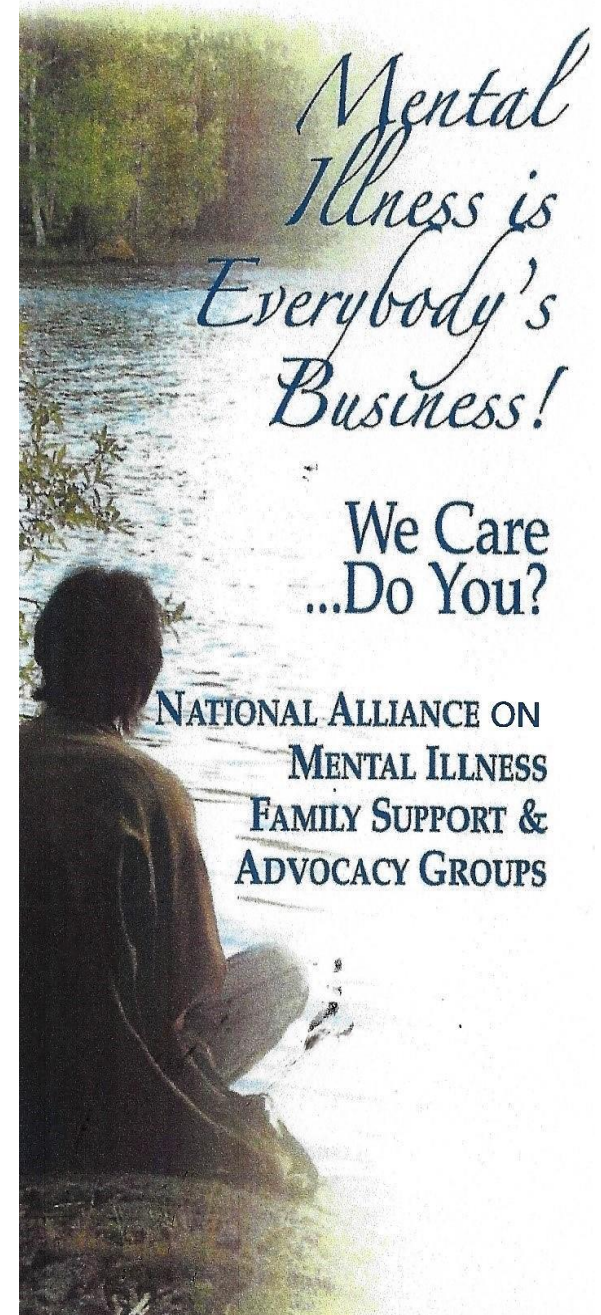
Email \_\_\_\_\_

Your dues provide annual membership in NAMI National, NAMI Florida, and NAMI Volusia/Flagler/St.Johns and help provide educational scholarships to NAMI peers and family members, so they can be trained to offer NAMI's signature educational courses and facilitate our support groups.

### Membership Categories:

- \$40 Individual
- \$60 Household (shared address)
- \$5 Open Door (paid by affiliate for peers and those with financial need)

Make checks payable to:  
 NAMI Volusia/Flagler/St.Johns  
 P.O. Box 860208  
 St. Augustine, FL 32086



*Mental  
 Illness is  
 Everybody's  
 Business!*

**We Care  
 ...Do You?**

**NATIONAL ALLIANCE ON  
 MENTAL ILLNESS  
 FAMILY SUPPORT &  
 ADVOCACY GROUPS**

# ***NAMI*** ***Improving Lives***

## **What is NAMI?**

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has a national organization as well as state organizations and local affiliates in more than 1200 communities across the country.

## **What does NAMI do?**

Through the dedicated efforts of grassroots leaders, NAMI focuses on three cornerstones of activity: Support, Education, and Advocacy.

## **Awareness and Recovery Path**

NAMI's support and public education programs offer individuals and the community resources, support, and information about mental illness through a variety of activities, including:

- Toll-free National Information HelpLine – **800-950-NAMI (6264)**
- Award-winning NAMI website with 700,000 visitors per month – **<http://www.nami.org>**
- **NAMI Connection Recovery Support Groups** for adults living with mental illness
- **NAMI Family Support Groups** for family members with loved ones with a mental illness

# ***How to Help***

**Help combat stigma** by objecting to negative stereotypes of mentally ill persons. Tactfully correct misunderstandings about mental illness by friends, relatives, and media.

**If you are an employer**, hire these persons for low stress jobs. There can be tax advantages for hiring such employees.

**As a taxpayer**, support finding a good community-based support system.

**If you are a homeowner**, welcome group homes in your neighborhood. People with mental illnesses can be good neighbors.

**Groups** can help finance a home or apartment for mentally ill persons, support a drop-in center (a social and educational club) and vocational training.

**If you or a family member has a mental illness**, or you are a caregiver, join your local NAMI chapter.

**Spread the word** so that other families will know about NAMI and how to get help.

**NAMI Volusia/Flagler/St.Johns**

**<http://www.namivfsj.org>**

**[support@namivfsj.org](mailto:support@namivfsj.org)**

**904-827-7404**

# ***Local NAMI Connection Recovery Support Groups and Family Support Groups***

## **Volusia County**

Peer Connection and Family Support Group

**Wednesdays, 6:30-8:00pm**

Halifax Hospital

303 N. Clyde Morris Blvd.

Daytona Beach, FL

Bill Francis Tower Bldg, Classroom E, or  
the Auditorium

(Attendees must stop at hospital  
front desk to present valid ID  
and obtain a security badge)

## **Flagler County**

Peer Connection and Family Support Group

**Thursdays, 6:00-8:00pm**

Vince Carter Sanctuary

301 Justice Lane, Building G

Bunnell, FL

## **St. Johns County**

Peer Connection and Family Support Group

**Tuesdays, 6:00-7:00pm**

Flagler Hospital

300 Health Park Blvd

St. Augustine, FL

Hospital cafeteria (Peers)

Osceola Meeting Room (Families)

