

About Serious Mental Illness

NAMIH Huntsville focus is on Serious Mental Illness (SMI), which includes brain disorders such as bipolar, depression, schizophrenia, schizo-affective, obsessive-compulsive, anxiety, panic and related disorders.

Cause: NOT CAUSED by the person or the family. Scientific research indicates some SMIs are genetically influenced. Reasons are not fully understood, but evidence of brain anomalies are generally present.

Stress: Not indicated as a causative factor, but may serve as a trigger for persons with pre-disposition to the illness.

Prevention/Cures: Not seen as preventable or curable; however, TREATMENT WORKS to help control symptoms.

Prevalence: Nearly 17% of Americans affected; all ages, ethnicity, faiths, education, and socio-economic levels.

Impact: Disrupts one's thinking, feeling and ability to relate consistently and appropriately to others. Can devastate the person and the family.

GOOD NEWS: The illnesses are treatable. Improved medications, rehabilitation, and strong family/social support help many to have meaningful lives



**National Alliance on
Mental Illness -
Huntsville and Madison County**



**701 Andrew Jackson Way
Huntsville, AL 35801
256-534-2628
www.namihuntsville.org**

**Office Hours Weekdays
9am-3pm**

A 501c(3) non-profit organization



701 Andrew Jackson Way
Huntsville, AL 35801
Phone: 256-534-2628
Fax: 256-534-5412
E-mail: hsvnami@hotmail.com



**Combined Federal
Campaign #9043**

Programs and Services

Our Mission... Provide support, information, and education for families affected by mental illnesses such as bi-polar disorder, depression, schizophrenia and panic and anxiety disorders.



MONTHLY MEETINGS

First and Third Tuesdays

7:00—8:30 pm

Support: First Tuesday

The support group is conducted by a trained Family-to-Family support group facilitator. Intended for families and consumers (people with mental illness.)

Education: Third Tuesday

The public is welcome at all monthly educational meetings.

Place: 701 Andrew Jackson Way,
Huntsville, AL 35801

534-2628

Support—People Helping People

Emotional support is at the heart of NAMI Huntsville services. NAMI Huntsville monthly support group meetings enable families and consumers to express frustration and despair, acquire practical information and skills, renew hope, and rebuild shattered family life.

Education—We're Out to Change Minds

Our FREE 12-week Family-to-Family Education course for families is offered each "semester." Our membership library has a wealth of publications, videos, and DVDs covering many aspects of mental illness. Our local newsletter "Grassroots" and the National Advocate provide information on treatments, research, services, and advocacy issues.

Advocacy—Raising our Voices Together

NAMI Huntsville advocates on an individual and collective basis for people with SMI and their families.

Research—Hope for the Future

NAMI Huntsville promotes increased funding for private and public research.

Community—Coming Together to Make Services More Accessible

NAMI Huntsville networks with local agencies that provide services for people with SMI in order to provide information and improve services.

Membership and Volunteerism:

A Rewarding Experience

Membership is available to people with SMI and their families, mental health professionals, educators, clergy, and supportive community friends. Payment of local membership dues makes one a member of NAMI at local, state, and national levels.

NAMI Huntsville is a volunteer-run organization, with one part-time paid staff person.

JOIN NAMI Huntsville

Dues:	Price
<input type="checkbox"/> Individual	\$20
<input type="checkbox"/> Family	\$25
<input type="checkbox"/> New <input type="checkbox"/> Renewal	
<input type="checkbox"/> Donation	_____
	Total: _____

I would like to be a volunteer

Name

Address

Phone

Email

Donations are tax-deductible: NAMIH is a 501c(3) non-profit organization

Make Check Payable to
NAMI Huntsville and
Return to:



701 Andrew Jackson Way
Huntsville, AL 35801

Phone: 256-534-2628

Fax: 256-534-5412

E-mail: hsvnami@hotmail.com