

## SUPPORT

People with mental illness and their family members need to know there are friends who understand their problems and want to help. At NAMI Durham, we reassure newcomers they are not alone, they did not cause the illness, and they can survive and restore a degree of order to their lives.

**If you need information** about the mental health system or just want to talk to someone who has “been there,” call one of our local contacts:

Vickie	919-493-5525
Linda	919-370-4237
Nancye	919-942-4033
Dorothy	919-489-5515
Violette	919-490-5236

The **NAMI Durham Support Group** meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at Durham Center Access, 309 Crutchfield St., 7:00-8:30 pm. For information, call Violette at 919-490-5236.

## EDUCATION

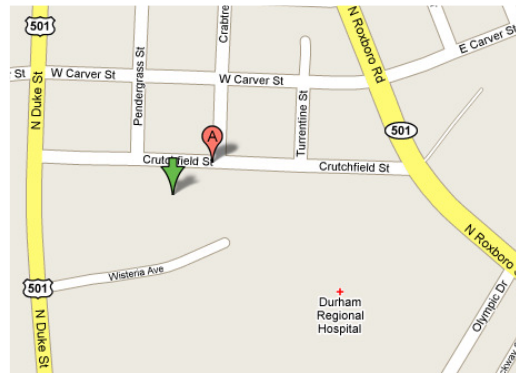
**Newsletters** are published regularly by NAMI Durham, NAMI North Carolina, and NAMI National. They feature advances in research and treatment, as well as opportunities for advocacy.

**NAMI Durham Education Meetings** take place on the first Tuesday of each month, Sept-Nov and Jan-May, at Durham Center Access, 309 Crutchfield St., 7:00-8:30 pm.

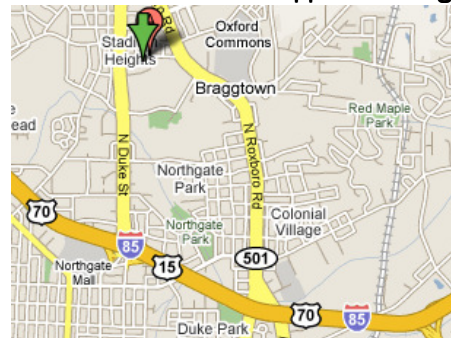
The **NAMI Family-to-Family Education Program** is a 12-week course, offered every Spring and Fall, for family caregivers of individuals with severe mental illnesses.

**NAMI Basics** is a new 6-week education program for parents and other caregivers of children and adolescents living with mental illnesses. This course will be offered at least twice a year.

- The Family to Family and Basics courses are taught by trained family members.
- All instruction and course materials are free to class participants.



**Durham Center Access, 309 Crutchfield St., site for Education and Support meetings**



## Public Education

We work to reduce stigma by helping others understand that mental illness is a medical illness and is not anyone’s fault. We also teach others about the need for more and better services for people with mental illnesses.

## Crisis Intervention Team Training

We organize and assist in presenting 40-hour training sessions for police officers and sheriff’s deputies to be certified as CIT officers. CIT saves lives and makes law enforcement safer by teaching officers to deescalate situations rather than respond with force.

## ADVOCACY

We promote the development of a comprehensive, well-coordinated system of community care and high-quality hospital services for Durham County residents with mental illness. Specifically, we have advocated for and continue to advocate for

- Better hospital and outpatient care
- Insurance parity
- Affordable housing
- Community programs
- Supported employment programs
- Funding for services and research
- CIT and jail diversion programs

**MEMBERSHIP** When you join NAMI Durham you become a member of NAMI North Carolina and NAMI National. You will receive newsletters from each organization.

**Individual/Family** \$35.00

Memberships are for one or more family members from the same household or mental health care providers and other professionals with an interest in mental illness.

**Open door membership** \$3.00

(For those with limited income)

**Donation** (Optional) \$ \_\_\_\_\_

**Total enclosed** \$ \_\_\_\_\_

(Checks payable to NAMI Durham)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Work Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

I am a Family Member\_\_ Consumer\_\_

Professional \_\_\_\_\_ Other \_\_\_\_\_

Please send your check and this form to NAMI Durham, 8 Dudley Circle, Durham, NC 27703

## ANNUAL EVENTS

**Mental Illness Awareness Week,**  
2<sup>nd</sup> week in October

**Mental Health Month,** May

**Durham-Orange Legislative Breakfast,** cosponsored with NAMI Orange, Mental Health Association of Durham and Orange, Caramore Community, Club Nova, and Threshold Clubhouse

**NAMI Walks,** awareness and fund-raising event in May

**NAMI NC Fall Conference**

**NAMI Annual Convention**

## MORE INFORMATION

NAMI Durham 919-231-5016  
[www.namidurham.org](http://www.namidurham.org)

NAMI NC 800-451-9682  
[www.naminc.org](http://www.naminc.org)

NAMI National 800-050-6264  
[www.nami.org](http://www.nami.org)



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## WHO WE ARE AND WHAT WE DO

We are an active, caring, and friendly group dedicated to **Support, Education, and Advocacy** on behalf of persons with mental illnesses. Our members are consumers, relatives and friends, mental health professionals, policy makers and others who are concerned and want to help.

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**IN CRISIS? Call  
Durham Center Access at  
919-560-7100 or 800-510-9132,  
24 hours a day.**

**Calling 911? Be sure to ask for  
a CIT Officer.**