

MEMBERSHIP FORM

National Alliance on Mental Illness (NAMI)

I want to lend my voice to yours by joining NAMI PA Cumberland and Perry Counties. As a member of NAMI PA Cumberland and Perry I will become a member of a NAMI PA and NAMI National.

I am enclosing my membership dues for the membership category checked below:

_____ \$35 Individual/Family Membership: *for one or more family members from my household.*

_____ \$50 Professional Membership: *for mental health care and other providers.*

_____ Open Door Membership: *for individuals and families with limited incomes. (\$3.00-\$34.00)*

_____ Donation Amount **Thank You**

Number of family members: _____
if Family Membership

Member Name (s): _____

Street Address: _____

City/State/Zip: _____

Telephone: _____

Email Address: _____

Make Check to *NAMI PA C/P*

Mail to NAMI PA CP

P.O. Box 527

Carlisle, PA 17013

www.NAMI.org
www.namipacp.org

NAMI Pennsylvania Cumberland and Perry Counties

We're Here For You!

Find help. Find hope.

Family-to-Family Education Program: This is a free 12 session course that is open to family members. The course teaches ways to understand and help the person with the illness, and helps the family overcome the difficulties of coping with this family crisis.

Support Groups: We sponsor local support groups for family members, consumers, and close friends of mental health consumers.

In Our Own Voice: Educates the general public and changes attitudes and stereotypes about who has mental illness. This is accomplished through community presentations by trained individuals who show first-hand what it is like to live with mental illness, as well as convey a recovery message.

Peer-to-Peer Education Program: Consists of ten two hour classes taught by a team of two to three who are personally experienced at living well with mental illness. The free course uses lecture and interactive exercises to help participants gain knowledge, insight, and coping strategies.

Monthly Education Program and Local

Newsletter: Featuring topics of interest to families and people in recovery.

www.NAMI.org

www.namipacp.org

P.O. Box 527

Carlisle, PA 17013

Phone: 717. 240 .8715 (message line)



PA, Cumberland
and Perry Counties



WE ARE NAMI...

....an active, caring and friendly group dedicated to support, education and advocacy on behalf of persons with mental illnesses. Our members are individuals, family and friends, mental health professionals, policy makers, clergy, and others who are concerned and want to help.

OUR MISSION IS

....to provide emotional support and education for families and persons affected by mental illness. Through community collaboration, support groups, and educational offerings we advocate for a life of quality and dignity — one without discrimination—for all people affected by these illnesses.

MENTAL ILLNESS IS NOT A CHOICE...

...In fact, mental illnesses can be devastating brain disorders: not only for those who have them, but also for the family and friends of those who live with the disorder.



When first confronted with the reality of mental illness, you may have many difficult questions: Why me/him/her? Why us? What can my family do to help me, what can I do to help my family? It can feel overwhelming!

Then comes the search for treatment and support, followed by many other hurdles. Getting the help you or your family member needs may seem like an uphill battle, with many setbacks.

But, you are not alone. In fact, many others have been there before you. It helps to talk to those who understand, because they have had similar experiences and concerns. They have searched for effective treatment programs, learned to advocate for the right treatments and services.

Often, they have experiences they are willing to share—along with helpful advice and support.

NAMI PA Cumberland & Perry is a local affiliate of a National nonprofit grassroots organization that assists families, friends and individuals living with serious mental illness.



Nor is Mental Illness Recovery By Chance...

What Can I DO?



First, educate yourself: Dealing with the unknown can be more difficult than dealing with the illness itself. Learn more about the types, symptoms and available treatments for mental illness.

You can:

- ◆ Sign up for one of NAMI Pennsylvania Cumberland & Perry's educational courses and attend our monthly education program.
- ◆ Learn about resources available in our community for people with mental illness, including treatment programs, supportive housing & employment, and peer-based programs to promote recovery.
- ◆ **Talk about it!** Don't be afraid to talk about mental illness with your friends and relatives. Speaking openly about your experience helps to dispel myths, educate others, and fight stigma and discrimination.
- ◆ Become involved! Advocate for better treatment and improved support for people with mental illness.
- ◆ Normalize your own life, as much as possible. Take care of yourself, while caring for others.
- ◆ Attend or lead a NAMI support group. You will find an atmosphere of acceptance and compassion within a circle of people who know what it's like to have or support a loved one with mental illness.
- ◆ Visit www.NAMI.org or www.namipacp.org for information about mental illness and our programs.



National Alliance on Mental Illness (NAMI)

You are not alone...

Principles of Support

- We will see the individual first, not the illness.
- We recognize that mental illnesses are medical illnesses that may have environmental triggers.
- We understand that mental illnesses are traumatic events.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma and do not tolerate discrimination.
- We won't judge anyone's pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthy.
- We accept we cannot solve all problems.
- We expect a better future in a realistic way.

We will never give up hope.

