

Mental Illness

- Mental illnesses are medical illnesses.
- Mental illness affects one in five families.
- Mental illness is an equal opportunity illness: it affects all socio-economic, ethnic and gender groups.
- Mental illness accounts for 25% of all disability in the United States, more than heart disease and cancer combined.
- Mental illness often first appears between adolescence and age 25.
- Alcohol and drug use often mask severe mental illnesses.
- Persons with mental illness are at highest risk for suicide.
- Mental illness is treatable. And treatment works! Success rates are often higher than for other serious illnesses.



Sources: National Alliance on Mental Illness
National Institute of Mental Health
World Health Organization

04/08

About NAMI

NAMI Multnomah is the local chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization.

Our mission is to improve the quality of life for people with mental illness and their families through support, education and advocacy.

NAMI works to advance education, support research, break down stigma, increase access to treatment, and promote the knowledge that recovery from serious mental illness is possible.

At NAMI You'll Find

- A circle of friends who care and understand.
- Education that confronts stigma.
- Ideas to help you care for yourself and your family.
- Classes to help you cope.
- Information about brain disorders, treatment and services.
- A chance to share your experience and learn from others.
- A place to advocate for change with people who share your concerns.

Help • Hope • Healing

National Alliance on Mental Illness

*Help and hope for persons
with mental illness,
their families and friends*

- Education
- Support
- Advocacy



524 NE 52nd Avenue
Portland, OR 97213
503-228-5692

email: portland@nami.org
visit: www.nami.org/multnomah

Support

Family Members Drop-In Group

Every Monday 7 pm, NAMI office
524 NE 52nd Ave, Portland

Mission: to support family members of a loved one with mental illness.

Bipolar and Depression Group DBSA/NAMI

Every Tuesday 7 pm
Providence Hospital, 4805 NE Glisan
Contact Julie 503-977-3103

Mission: to support persons with bipolar disorder or depression.

Dual Diagnosis Group DDA/NAMI

Every Wednesday 5:30 pm, NAMI Office
524 NE 52nd Ave, Portland
Contact David 503-880-1524

Mission: to support those with mental illness who also deal with substance abuse.

"Anxiety Society" Group

Every Tuesday 7 pm
Contact Terri 503-890-4805

Mission: non-therapy group for people 18-36 with social anxiety interested in developing communication skills in a relaxing, fun environment.

"Talk it Over" Trillium Family Services /NAMI

2nd & 4th Sundays 4 to 5:30 pm
Providence Hospital Child Center
830 NE 47th Avenue

Contact Margaret 503-317-1130

Mission: a supportive, confidential place for families of children or teens with mental illness or substance abuse.

Schizophrenia Group

Every Wednesday 1 pm, NAMI office
524 NE 52nd Ave, Portland
Contact Arlene 971-409-8519

Mission: fellowship, support, and companionship to assist in achieving and maintaining good mental health.

Advocates Network

1st Wednesdays 7 pm, various locations
Contact Karen 503-232-2559

Mission: network with other families and learn about the local mental health care system.

Schedule subject to change.

For updates call or visit www.nami.org/multnomah

Education

In addition to support groups and information on mental health issues and treatment resources, NAMI and our volunteers offer **free classes** for family members and individuals coping with mental illness.

Family-to-Family, a 12-week course for family members whose loved one has a mental illness. Call 503-203-3326.

Visions for Tomorrow, for caregivers of school-age children with brain disorders.

Peer-to-Peer, a 9-week course for individuals with mental illness who seek recovery.

In Our Own Voice offers presentations focused on recovery, with a film and individuals who share their personal stories. Suitable for service clubs and professional organizations.

To register for a free class, or to schedule a presentation, call:



524 NE 52nd Avenue
Portland, OR 97213
503-228-5692

email: portland@nami.org

visit: www.nami.org/multnomah

Join Us!

Add your voice to NAMI, the nation's voice on mental illness. Join individuals, family members, and friends who are working to improve the lives of those living with mental illness.

Members receive NAMI's national magazine and newsletters on developments affecting Oregonians living with mental illness.

Name _____

Address _____

Telephone _____

Email _____

Annual Membership

- \$35 Individual or Family
- \$50 Professional or Institution
- Open Door \$3 for low-income individuals
- My tax-deductible donation of \$ _____

What Topics Interest You?

- Medication
- Support Groups
- Public Policy
- Advisory Board
- Research

Want to Volunteer?

- Education Program
- Support Group
- Community Outreach
- Office Help

Return this form to: **NAMI Multnomah**
524 NE 52nd Avenue
Portland, OR 97213

Detach and return