

**The NAMI Consumer Council.** An official advisory council to the NAMI national Board of Directors, the purpose of the NAMI Consumer Council is to advance the activities and involvement of individuals living with mental illness at the local, state, and national levels by actively participating in advocacy issues and program development.

For more information about NAMI, contact your local NAMI affiliate, visit [www.nami.org](http://www.nami.org) or contact your NAMI Consumer Council Representative directly:

To join NAMI or to find out more about the benefits of membership, contact your local NAMI affiliate or visit [NAMI.ORG/JOIN](http://NAMI.ORG/JOIN).



National Alliance on Mental Illness



**NAMI**

National Alliance on Mental Illness

*A grassroots organization  
dedicated to improving the  
lives of individuals and  
families affected by  
mental illness.*

**Embrace the  
Road of  
Recovery**

- Support
- Empowerment
- Wellness



## You are Not Alone.

Mental illness is a medical illness that affects over 58 million Americans each year.

NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness.

For people living with depression, bipolar disorder, schizophrenia, anxiety disorder, or other mental illness, recovery is a journey. NAMI offers an array of support, education, and advocacy options to help navigate the individual process.

- **NAMI.ORG** ~ Updated daily, NAMI's Web site features the latest information on mental illnesses, medication and treatment, and resources for support and advocacy.
  - **NAMI.ORG/myNAMI** ~ Register on NAMI's Web site to receive customized information and updates via e-mail.
  - **NAMI.ORG/Communities** ~ Visit one of NAMI's online communities which offer a place for people with common interests to stay informed while sharing knowledge and finding support from people who have been there.
  - **NAMI.ORG/Stigma** ~ Join NAMI's StigmaBusters network and engage with other dedicated advocates across the country and around the world who seek to fight inaccurate and hurtful representations of mental illness.
  - **NAMI.ORG/Research** ~ Learn about recent advances in mental illness research as well as a listing of recent research opportunities.
- **1-800-950-NAMI** ~ NAMI's Information Helpline is staffed by trained volunteers who provide information, referrals, and support to all who have questions about or are affected by serious mental illness.

## Improving Lives.

**What is NAMI?** The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support, and education. Members of NAMI are families, friends, and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD), and borderline personality disorder.

Many NAMI affiliates offer an array of programs and activities designed to assist individuals with mental illness.

- **NAMI Peer-to-Peer** is a free 9-week education course on the topic of recovery for any person with a serious mental illness. Led by mentors who themselves have achieved recovery from mental illness, the course provides participants comprehensive information and teaches strategies for personal and interpersonal awareness, coping skills, and self-care.
- **NAMI Connection** is a recovery support group for adults with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. NAMI Connection offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.
- **NAMI In Our Own Voice** is a public education presentation given by two trained speakers who share their personal stories of recovery and wellness. It enriches the audiences' understanding of how the over 58 million Americans contending with mental illness cope while also reclaiming rich and meaningful lives.
- **NAMIWalks** is held in more than 70 communities across the country by thousands of individuals who join together to raise money and awareness about mental illness.
- **NAMI Hearts and Minds** is a program designed to promote resilience and support wellness. Learn about healthy, accessible and affordable lifestyle changes designed to promote wellness among people with mental illness.