

NAMI AMADOR

P.O. Box 482, Jackson, CA 95642

We are the Amador Affiliate of

- National Alliance on Mental Illness (www.nami.org)
- California Alliance on Mental Illness (www.namicalifornia.org)

These websites also provide excellent resources and information.

OUR MEETINGS

We meet the 4th Tuesday of each month at the Sutter Amador Hospital Conference Room in Jackson.

5:30–6:30PM

Eduation/ Advocacy Meeting
Guest speakers about services, reports on trainings, information about our education and advocacy efforts

6:45–8:00PM

Family Support Group

DID YOU KNOW?

Did you know that over 25% of families in the US are touched by a mental disorder each year? (National Institutes of Mental Health)

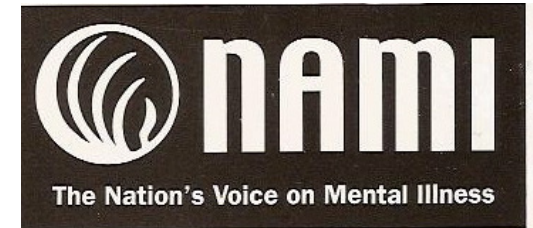
Mental Illness is a biological brain disorder that is not curable, but is treatable and can be managed. It is a disabling medical condition that disrupts a person's thinking, feeling, mood, daily functioning and ability to relate to others and cope with the ordinary demands of life. It is not the result of personal weakness, lack of character or poor upbringing.

The three most common brain disorders are major depression, while about 1% of the US population lives with schizophrenia and another 1% with bipolar disorder. Schizophrenia usually strikes those between the ages of 15 and 25.

Many thousands of other people suffer from serious conditions such as obsessive-compulsive, panic or schizoaffective disorders.

The suicide rate for individuals with severe psychiatric disorders is 7 to 10 times the rate in the general population.

NAMI AMADOR



We are a volunteer self-help support and advocacy group for families, caregivers and friends of persons afflicted with serious mental illnesses.

Do You Need Support?
Are you caring for a loved one who has a mental illness?

**YOU ARE NOT ALONE.
WE ARE FAMILIES
HELPING FAMILIES.**

NAMI Amador is a
California Non-profit Corporation, and
Federal tax-exempt public charity,
ID # 87-0708427

OUR PURPOSE

To provide a way for family and friends of ill persons to explore solutions, share experiences and information, obtain mutual support and become better informed.

To educate ourselves and the community about mental illness.

To eliminate stigmas and discrimination associated with mental illness.

To encourage the active involvement of family members in the operation and improvement of the mental health system.



To never give up hope for positive change!!

It is not necessary to join NAMI Amador to participate in the education and advocacy meeting or family support group, but we encourage membership to have a voice in creating positive change



Dues are \$30 for family memberships per year, and \$2 for consumer members. This provides access to the valuable resources and information on the websites, information about training and speakers locally and statewide.

For more information or membership contact:

**NAMI Amador (209) 223-1485
(at ATCAA) x266**

EDUCATIONAL COURSES

MEMBERSHIP

PEER TO PEER is a free ten-week course on mental health and recovery taught by trained Mentors experienced at living well with mental illness. Each week builds upon the last, offering a variety of tools with which to better understand and manage life.

Goals are to gain new hope for recovery, education about a variety of mental illnesses, increased self-awareness, and coping skills for day-to-day challenges.

FAMILY TO FAMILY is a free 12-week course for families and caregivers of individuals with severe brain disorders (mental illnesses).

The goal is to provide education about mental illness and treatments, emotional and practical support, and problem solving and communication skills. To date, this free course has enrolled and graduated over 100,000 family members.

FAMILY SUPPORT GROUP - We welcome any family members, caregivers and friends of people with mental illness. Led by trained facilitators, we provide support, ideas, resources, and information about caring for someone with a mental illness.