

Membership Application

Yes, I want to be a Member of NAMI!

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

I am interested in becoming a volunteer

As a member of NAMI, you will be enrolled in the national, state, and local NAMI organizations and will receive an annual subscription to all three news publications.

Enclosed are my membership dues for:

- Family Member \$35.00
- Association/Organization \$50.00
- Open Door Member \$ 5.00
- I do not wish to be included on the membership rolls, but please accept my donation.
- My check for \$_____ is enclosed
- I am unable to pay at this time, but wish to be a member of NAMI McHenry County.

Thank you for your support.

Your contribution to NAMI is tax deductible.

Please detach this application and mail to:

NAMI-MC

333 Commerce Drive, Suite 900A

Crystal Lake, IL 60014

Did You Know...

- ◆ **Mental illnesses are biologically based brain disorders.** They cannot be overcome through willpower and are not related to a person's character or intelligence.
- ◆ **The World Health Organization has identified Schizophrenia as one of the ten most debilitating diseases affecting human beings.** More than 2.2 million adult Americans suffer from this disease in any given year. Often misunderstood as a split personality, in reality schizophrenia is a treatable brain disorder.
- ◆ **Major Depression is the leading cause of disability worldwide** and affects an estimated 5% of adult Americans or 9.9 million in any given year. Depression isn't just a brief blue mood or passing sadness that lifts in a few hours or even a few days.
- ◆ **Bipolar disorder affects 2.3 million American adults** or about 1.2% of the population over 18, and can run in families. A chronic and generally a life-long condition, bipolar disorder is characterized by episodes of mania and depression that can last from days to months.
- ◆ **20% of children and adolescents in the United States suffer from a mental illness.** Tragically, only 1 in 5 receives mental health services—up to 80% fail to receive critically needed treatment.
- ◆ **The best treatments for mental illnesses today are highly effective.** Between 70 and 90% of individuals have a significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and support.
- ◆ **Violence among people with mental illness is not common.** They are more often the victims of crime than its perpetrators.
- ◆ **Stigma erodes confidence that mental disorders are real, treatable health conditions.** We have allowed stigma and an unwarranted sense of hopelessness to affect our attitudes and create financial barriers to effective treatment and recovery. It is time to take these barriers down.

To learn more: call NAMI at 815-444-9991,
visit our website at www.namimchenrycounty.org,
or drop by the office located at
333 COMMERCE DRIVE., SUITE 900A
CRYSTAL LAKE IL 60014

YOU ARE NOT ALONE



We're Here to Help

Resources for people
with mental illnesses
and their families

SUPPORT • EDUCATION • ADVOCACY

McHenry County Chapter



National Alliance on Mental Illness

NAMI-McHENRY COUNTY MISSION

NAMI McHenry County is a non-profit, volunteer organization, dedicated to improving the lives of people who are affected by mental illness and offer hope to their families through **support, education, and advocacy.**

SUPPORT

Groups

If you or someone you know is living with mental illness, NAMI can offer you help and hope. Support groups offer friendship and compassion in the company of people who have been there. Sharing our journey with peers can help bring insight, knowledge, and new coping skills.

- ◆ NAMI Support Group also sponsors education programs with featured speakers and/or film reviews.
- ◆ NAMI-C.A.R.E., a peer-based group
- ◆ Dual Diagnosis Family Support

NAMI Support and Education Meetings are held every third Thursday, 7–9 p.m. at the Mental Health Board, 620 Dakota Street, in Crystal Lake. For a schedule of additional support groups held throughout the month, call 815-444-9991.

Emergency Medication

NAMI raises funds annually for people in need of temporary assistance to purchase psychiatric medications. *Contact the Mental Health Board: 815-455-2828.*

Group Homes

At **AMI House** and **Phoenix House**, adults who have a mental illness have the opportunity to live together in the comfort of a family-style home. Thresholds provides services that assists individuals in recovery. Independent living skills such as cooking, cleaning, managing meds and case management services are available. *Call Thresholds Intake Department at 815-338-8324.*

EDUCATION

We strive to be a leader in mental health education for families and mental health consumers, to promote community awareness and eliminate stigma.

Classes: Free programs are available for Families and individuals who wish to work on their personal recovery, and schools. NAMI's nationally acclaimed programs are helping to bring awareness and positive ways to cope with mental illness individually, in the family, and in our schools.

- ◆ *Family-To-Family*
- ◆ *Visions for Tomorrow*
- ◆ *NAMI Basics*
- ◆ *Peer to Peer (for those recovering)*

◆ *Parents And Teachers As Allies*

Call to register for the next available class.

Community Education: NAMI sponsors community education programs and workshops throughout the year.

NAMI Newslines is published two to three times a year featuring articles on new research, treatment and medications, personal stories of hope and recovery, and current news on mental health legislation and policy.

Library: NAMI maintains a lending library of books, videos, and literature on mental illness, available to members at the NAMI office. *Call for library hours.*

ADVOCACY

NAMI-MC is a part of an extended network working on the local, state and national levels. This network has become a powerful voice for people living with mental illness. We advocate for a life of quality and dignity, one without discrimination, for all people affected by these no-fault brain disorders. We promote and support research for more effective treatment and to find a cure. NAMI is America's largest organization dedicated to improving the lives of people living with mental illness, a strong and independent voice promoting quality care, affordable housing, adequate health insurance, rehabilitation and jobs, increased funding for services and research, and public education to end the stigma and discrimination against mental illness.

Fundraising

NAMI's Walk for Mental Illness Awareness takes place in the fall. Walkers, volunteers and business sponsorship information: *call 815-444-9991.*

VOLUNTEER OPPORTUNITIES

Join NAMI's energetic team of volunteers. There are opportunities available to fit your needs including; facilitators for teaching and support groups, computer and office work, planning committees, fundraising, home maintenance. Meet new friends, have fun and make a difference.

COMMUNITY SUPPORT FOR NAMI MCHENRY COUNTY

NAMI MC support and education programs are free and made possible through the collaborative efforts of dedicated volunteers, private and business donors, and our major funders:

McHenry County Mental Health Board

Family Care of IL Dept. of Human Resources

Mental Health Resource League's Fair Diddley and Fall Diddley craft shows