

Membership Form

Join NAMI Wake County and lend your voice to ours. When you join NAMI Wake, you become a part of NAMI at the national, state, and local levels.

Name(s): _____

Address: _____

City/State: _____

Zip Code: _____

Phone: _____

E-mail: _____

I would like to volunteer

Membership for Family: \$ 35.00

Donation: \$ _____

Total: \$ _____

If you cannot afford our full membership fee, please enter above the amount you and your family can afford.

Mail this form with your check or money order to:
NAMI Wake County
PO Box 12562
Raleigh, NC 27605-2562

NAMI Wake County is a non-profit, 501(c)(3) charitable organization. Donations to NAMI are tax-deductible.

What is Mental Illness?

Mental illnesses are medical illnesses which:

- Are no different than being sick with diabetes or heart disease.
- May disrupt a person's thinking, feeling, mood, and ability to relate to others.
- Include such disorders as bipolar disorder, schizophrenia, major depression, anxiety disorders, borderline personality disorder, as well as others.
- Can affect persons of any age, race, religion, or socioeconomic status.
- Are not the result of personal weakness, lack of character, or poor upbringing.
- Are not the fault of parents or the person with the illness.
- Are treatable! Relief from symptoms and recovery of a meaningful and satisfying life are possible!

If mental illness affects you or your family, you are not alone. Find support, education and advocacy through NAMI Wake County!

For more information about mental illness, call NAMI Wake at **919-848-4490** or visit **www.nami-wake.org**.

SUPPORT
EDUCATION
ADVOCACY





NAMI Wake County is an affiliate of NAMI National and NAMI NC. For people with mental illness, their families, and their friends, we provide support, education, and advocacy in our area.

NAMI Wake County members live in Wake and adjoining Johnston, Nash, Franklin, Vance, and Granville counties. Our programs help improve the quality of life for the whole family affected by mental illness including those who are ill and all who love them. Visit us at www.nami-wake.org.

Mental illnesses fall along a continuum of severity. Even though mental illnesses are widespread in the population, the main burden of illness is concentrated in a much smaller proportion — about 6 percent, or 1 in 17 Americans — who suffer from a serious mental illness. It is estimated that mental illness affects 1 in 5 families in America.

Support

We provide support to people living in the area of Wake County who use mental health services along with their families and friends.

Helpline: If you need information about the mental health care system, or just want to talk to someone who is knowledgeable and can provide you with options, you can call the NAMI NC Helpline at **800-451-9682**.

Support Groups: Our trained facilitators lead support groups for people with mental illness and for family members. The groups are free and newcomers are welcome. Meetings are held at several locations, several times a week. For more information about our support groups, please contact us at 919-848-4490.



NAMI Wake and Wake County work together to educate law enforcement officers about mental illness.

Education

Education is key to obtaining services and promoting recovery.

Education Meetings: NAMI Wake conducts monthly education meetings with different guest speakers. These meetings are held in Raleigh and are open to the public.

Family-to-Family: Through the NAMI Family-to-Family educational program, we offer a free 12-session course to family and friends. The course covers a broad range of topics related to mental illness.

Guest Speakers: NAMI Wake members are available to speak on a variety of topics related to mental illness. We also provide outreach to faith communities.

Newsletters: NAMI Wake mails a newsletter to all members. The newsletter is also available on our website.

For more information about our programs or classes, please contact us at 919-848-4490.

Advocacy

NAMI Wake advocates for high quality mental health care systems both in the public and private sectors. High priority advocacy issues change periodically based on need. Examples of needs in Wake County include:

- A local inpatient psychiatric unit managed by a general hospital system.
- Quality treatment and services, adequately funded and available for all persons with mental illness.
- Increased awareness that mental illnesses are medical conditions.
- Independent housing options that are decent, affordable, and supportive.



Celebration of Courage raises awareness in the community.