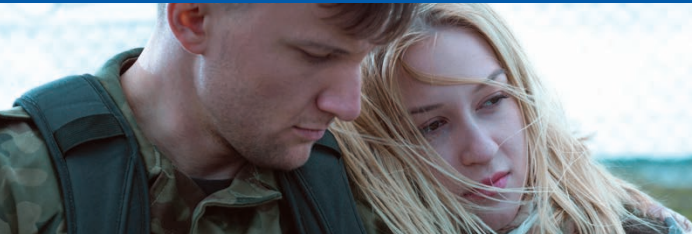


NAMI'S MISSION STATEMENT



Began in 1979 NAMI is the nation's largest grass roots mental health organization dedicated to building better lives for the millions of Americans and their families affected by mental health disorders.

NAMI Queens/Nassau is an affiliate of NAMI, the National Alliance on Mental Illness, a not-for-profit organization. Its mission is to build better lives and ensure dignity and respect for those affected by mental health disorders through education, support and advocacy. We work to support those diagnosed with a mental health disorder, their family members, relatives and friends; mental health professionals and all those who share NAMI's vision and mission. As one of the largest affiliates in NYS, NAMI QN works collaboratively with our state and national organizations and with other stakeholders to educate the public, advocate for legislation, reduce stigma and improve the mental health system.



MEMBERSHIP APPLICATION

When you join, NAMI Queens/Nassau, you become a member of our local NAMI Affiliate, NAMI New York State and NAMI National.

NAMI membership benefits include:

- NAMI's Advocate magazine, mailed twice per year
- Discounted rate at the National Convention
- Discounts to attend NAMI Queens/Nassau events
- Confidence you are helping to make a difference

Primary Member First Name

Primary Member Last Name

Address

City State Zip

Cell Phone

Email

How did you learn about NAMI?

Membership Dues

- \$5 Open Door (for low income)
- \$40 Individual
- \$60 Household (for individuals at same address)

Names of individuals covered under Household membership:

Payment Information

- Check Cash Credit Card



Credit Card Number

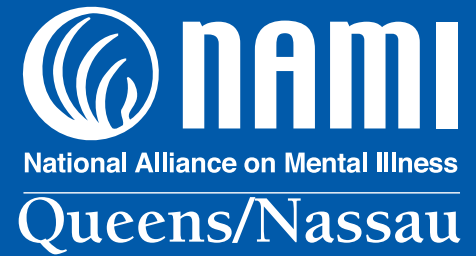
Expiration Date Security Code

Card Holder Name

Billing Address

City State Zip

Make checks payable to NAMI Queens/Nassau and mail to:
NAMI Queens/Nassau
1981 Marcus Avenue, Suite C117
Lake Success, NY 11042



We help those affected by



mental health conditions, build better lives



through support, education & advocacy.

1981 Marcus Avenue, Suite C117
Lake Success, NY 11042
516-326-0797 or 718-347-7284
www.namiqn.org, office@namiqn.org

TO LEARN MORE VISIT WWW.NAMIQN.ORG

TO JOIN OR DONATE ONLINE VISIT WWW.NAMIQN.ORG



NAMI gives hope that treatment will bring health and recovery to people struggling with mental health disorders and their families. We promote an understanding that a mental health disorder is a biological neurological imbalance in the brain and a move away from stigma and ignorance.



“My Whole Family Support Group has become an important part of my sons recovery and my peace of mind.”

We Educate

Our education programs ensure families, individuals and educators get the support and information they need. Visit our website www.namiqn.org for resources and information about our programs.

We Support

In NAMI's groups you meet others who share experiences which can help you to realize you are not alone.

We Advocate

NAMI helps to shape the national and local public policy landscape for people with mental health disorders and their loved ones. We provide volunteers with the tools, resources and skills necessary to promote mental health.

We Lead

Awareness events and activities, including Mental Health Month, Mental Health Awareness Week and NAMI QN's BeachFest successfully fight stigma and encourage understanding. NAMI works with the media and policy makers so our community understands how important mental health is.

We Listen

We respond to your calls and provide free help with local information and support. Please call our NAMI Queens/Nassau office 516-326-0797 or 718-347-7284 or check our website namiqn.org for meetings and activities.

NAMI Queens/Nassau Programs

Following are just a few of our programs. To learn more about us please visit www.namiqn.org or call our office 516-326-0797 or 718-347-7284, or send an email to office@namiqn.org

NAMI Family-to-Family

This is a free, 12-session educational program for family, significant others and friends of people living with mental health disorders. Classes are structured to help caregivers understand and support individuals with mental health disorders while maintaining their own well-being. This is an evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI's Whole Family Support Group

This free group offers the unique opportunity to have cross dialogue between those living with mental health disorders and family members. It is common in support groups to be with other people in your position. This support group provides an opportunity to hear from others with different perspectives, thereby gaining better understanding, sympathy and empathy.

NAMI FaithNet

This is not a religious network but includes outreach to all faith groups and their leaders. NAMI FaithNet strives to encourage welcoming, caring faith groups as well as to promote the vital role of spirituality in the recovery journeys of many who live with mental health disorders, and for those whom faith is a key component.

NAMI Ending the Silence

This evidence based program is presented in middle and high school classrooms or an assembly. It features first-hand experience from a person living with a mental health condition. The program stresses recognizing the signs of mental health conditions and suicide warning signs and what to do if a student recognizes this in him/herself or a classmate. Helpline/Crisis pocket cards and a trusted adult list of professionals for the particular school in which the program is being presented are given to each student. This program is also geared to teachers, staff and parents.

NAMI Basics

This free education program is for parents and other caregivers of children and adolescents, up to age 13, living with mental health disorders. The NAMI Basics course is taught by trained parents or other caregivers

“Our Family-to-Family class changed our lives. We gained a better understanding of what our loved one was going through and learned how to support him.”



of individuals who developed the symptoms of mental health disorders as children and adolescents. This program provides school resources.

NAMI Peer-to-Peer

This free class consists of 8 two-hour units focusing on rehabilitation, recovery and connection. It is taught by a team of two trained “Mentors” and a volunteer support person who have personal experience with the challenges of living well with mental health disorders. Mentors are trained and are supplied with teaching manuals. Participants receive a binder of hand-out materials and other tangible resources.

Co-Occurring Disorder (COD) Program

When you have both a mental health disorder and a substance abuse problem it is called a Co-Occurring Disorder (COD) or self medication. The purpose of this free new program is to inform family members about COD, its treatment and in the family's role in understanding and supporting their loved ones who are struggling with COD.

NAMI Unites

This program is about connection, making friends and having fun for people who are struggling with a mental health disorder. By participating in NAMI Unites events, our members develop friendships and feel free to be themselves. Our goal is to help alleviate the feelings of isolation and loneliness and promote their abilities to help them find value in their lives. Bowling, tennis, karaoke, game night, art night, barbecues and more.

Monthly Meetings

Guest speakers address topics such as housing, suicide prevention, NARCAN® training and the opioid crisis, disability benefit information, available services, current research and more. Meetings are free and open to the community and are held the third Wednesday of every month at 7PM in the Sloman Auditorium, Northwell Zucker Hillside Hospital, 263rd Street & 76th Street, Glen Oaks, NY 11004.