

I Want to Join NAMI Vermont!

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

E-mail Address _____

I would like to opt out of receiving e-mail alerts for upcoming advocacy and educational opportunities.

Household Membership	\$60.00	\$ _____
Individual Membership	\$40.00	\$ _____
"Open Door" Membership <i>(limited income only)</i>	\$5.00	\$ _____
Additional Donation		\$ _____
TOTAL ENCLOSED:		\$ _____

Payment Method:

- Check enclosed (payable to NAMI Vermont)
- VISA
- MasterCard
- American Express
- Discover

Account # _____ Expiration Date _____

Name on Card _____

Billing Address (if different from above) _____

City _____ State _____ Zip Code _____

We are GRATEFUL for your support!



Contact



802-876-7949

CALL TOLL FREE:
1-800-639-6480

NAMI Vermont
600 Blair Park Road, Suite 301
Williston, VT 05495
www.namivt.org
info@namivt.org



■ **Support**

■ **Education**

■ **Advocacy**



Mental illness is not a “choice”... You are not alone.

Approximately 1 in 5 adults experience a mental illness.

* NAMI Fact Sheet



NAMI Vermont

is the state chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Through the dedicated efforts of grassroots leaders, NAMI focuses on three cornerstones of activity: Support, Education and Advocacy.

Our Mission

NAMI Vermont supports, educates and advocates so that all communities, families, and individuals affected by mental illness or mental health challenges can build better lives.

Our Vision

A world where Vermonters affected by mental illness or mental health challenges have the care, support and knowledge that they need.

Free Programs:

- ◆ **Connection Recovery Support Groups**
a peer-facilitated recovery support group for people living with a mental health condition
- ◆ **Family Support Groups**
a monthly meeting of friends, partners, and family members of people living with mental illness
- ◆ **Family-to-Family**
an 8-week educational course for friends, partners, and family members of people living with a mental health condition
- ◆ **Mental Illness and Recovery**
a one-day educational workshop for individuals living with mental illness, family members and anyone in the community who wants to learn more about mental health and recovery
- ◆ **Provider Course**
a 15- or 4-hour educational course for providers or professionals
- ◆ **In Our Own Voice**
a 90-minute presentation for professionals and/or the community. Trained individuals in recovery share their personal stories.
- ◆ **Ending the Silence**
a 50-minute presentation for Middle- and High-School students that covers warning signs of mental health issues and suicide prevention.

Other Activities and Services:

- ◆ NAMI Vermont operates a **Resource Referral Line** which helps callers access information about mental illness and resources that are available in their communities during normal business hours.
- ◆ Every year, NAMI Vermont hosts an annual **Pathways to Wellness Conference**, organizes a fall **Walkathon** and public outreach event, and supports other community activities that contribute to recovery and hope.
- ◆ NAMI Vermont advocates for an improved system of care in Vermont communities and at the state level.

What are Mental Illnesses?

- ◆ Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.
- ◆ Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.
- ◆ Mental illnesses can affect persons of any age, race, gender, religion, education level or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.
- ◆ Psychosocial treatment such as therapy, peer support groups, medication treatment and other community services, can all be components of a treatment plan that assist with recovery. The availability of transportation, diet, exercise, sleep, friends and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.

