

DONATIONS

NAMI Atlantic/Cape May is a grassroots organization committed to eliminating the stigma associated with mental illness. Our programs are **FREE** of charge and help many people in our communities. Dealing with a mental illness is not easy...not for the person with the illness or the people in their life. Your donation supports volunteer training, community outreach, advocacy, and education. **NAMI Atlantic/Cape May** is a 501C(3) nonprofit; all donations are tax deductible. To donate go to www.namiacm.org or mail a check to **NAMI Atlantic/Cape May**, PO Box 2, Ocean City, NJ 08226. Thank you for your generosity and supporting mental health.

JOIN

Become a part of **NAMI!** Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the mental health movement. Membership gives you access to current information on research, medications, legislations, advocacy projects, anti-stigma activities, conferences and more.

Become a member at all three levels of the organization...national, state and county, all with one payment!

\$60 per year for a Household membership that includes all members of a household at the same address.

\$40 per year for a Regular membership which is an individual membership for one person.

\$5 per year for an Open-Door membership for an individual member with limited financial resources.

Online visit www.namiacm.org

Mail to **NAMI Atlantic/Cape May**,
PO BOX 2, Ocean City, NJ 08226

1 in 5 PEOPLE

LIVES WITH A MENTAL ILLNESS



The other four out of five people likely know a friend or family member who lives with a mental illness.

Studies show that people with mental health problems can get better and many recover completely. There are more treatments, services, and community support systems than ever before and they work.

RESOURCES

AtlantiCare
Regional Medical Center-Atlantic City
609-345-4000

AtlantiCare Behavioral Health
888-569-1000

Psychiatric Program Intervention
609-344-1118

Jewish Family Services
609-822-1108

Mental Health Association
of Atlantic County IFSS
609-652-3800 x 301

ACENDA Integrated Health IFSS
844-422-3632

Suicide Prevention Lifeline
988 or 800 273 TALK

NAMI Helpline, Non-Emergency
800-950-6264

For additional resources go to www.namiacm.org



National Alliance on Mental Illness

Atlantic/Cape May

You are not alone



Improving the lives of individuals and families affected by mental illness.

NAMI Atlantic/Cape May

PO Box 2

Ocean City, NJ 08226

609-741-5125

www.namiacm.org

nami1557@comcast.net

 **Nami Atlantic Cape May**

 **@nami_acm**

 **@namiatlanticcapemay**

NAMI ACM is a non-profit 501C(3) corporation

MISSION

NAMI Atlantic/Cape May is a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness we foster understanding about mental illness, confront stigma often associated with mental disorders, advocate for policies that benefit all, and promote research into the causes, treatment, and recovery. We work for a brighter future for all those affected.

DIVERSITY, EQUITY & INCLUSION

At **NAMI**, we believe a diverse, inclusive, and equitable alliance is one where all employees, volunteers and members, regardless of gender, race, gender identity, ethnicity, national origin, age, sexual orientation, education, disability, veteran status or other dimension of diversity feel valued and respected.

EDUCATION

Through education, activities, and events we provide information about the latest research and available treatments for mental illnesses. Our awareness activities foster understanding and reduce stigma. We help professionals, government officials, law enforcement, schools, service providers and the public understand mental illness from the family and individual perspective.

ADVOCACY

NAMI Atlantic/Cape May promotes legislative and public policy issues that improve mental health services, achieve parity in health services and health insurance, eliminate stigma and discrimination, and increase research into the causes and treatment of mental illness. Our members serve on committees, boards, and advisory groups of local and state organizations to address these needs.

PROGRAMS

Self-help support groups and programs are provided FREE of charge and facilitated by **NAMI-trained** members with lived experiences. Caring members help one another learn to cope with the effects of mental illness. They provide understanding, acceptance, and mutual support in times of crisis. Registration may be required. Visit our calendar for all events, times, and locations at www.namiacm.org



FAMILY SUPPORT

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones (18+) of individuals living with mental illness. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. You will benefit through others' experiences, discover your inner strength, and learn how to identify local resources and how to use them.

CONNECTIONS

NAMI Connection is a recovery support group for adults (18+) living with mental health issues. Participants gain the support of peers who understand their experience and gain insight into others' challenges and success. By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion, and a sense of community.

FAMILY TO FAMILY

NAMI-Family-to-Family is a free, 8-session educational program, over 2 months for family, significant others, and friends of people with mental health conditions. It is a designated evidenced-based program that research shows significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. The program includes presentations, discussions, and interactive exercises covering the causes, therapies, and resources. **NAMI-Family-to-Family** provides information and strategies for taking care of the person you love. Learn how to solve problems and communicate effectively; how to take care of yourself and managing your stress; how to support your loved one with compassion; and how to handle a crisis.

ADDITIONAL PROGRAMS

- In Our Own Voice
- Ending the Silence
- Smarts for Advocacy
- NAMI Basics
- Hearts and Minds
- Multicultural Outreach

and many more visit www.namiacm.org.

GET INVOLVED

We have many opportunities for volunteers and interns. Visit www.namiacm.org for additional information.



National Alliance on Mental Illness

Atlantic/Cape May