

DOES SOMEONE YOU LOVE HAVE A MENTAL ILLNESS?

What Is Mental Illness?

Mental Illnesses are chronic psychiatric biological disorders caused by abnormal brain function. They include schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, panic disorder, personality disorder and severe emotional disorders in children.

Psychiatric Disorders Affect People Of All Age Groups And Walks Of Life.

One family in four has a family member suffering from a psychiatric disorder. In any given year, five million adults and seven-and-a-half million children in America experience these disorders regardless of age, ethnic background or social status.

Because they are biological illnesses, they cannot be overcome by "will power" & are not related to a person's character or intelligence.

Psychiatric Disorders are Treatable

Psychiatric disorders can now be diagnosed and effectively treated. With treatment, 70 to 90% of individuals have significant symptom reduction.

People also need supportive counseling, self-help groups, assistance with housing, vocational rehabilitation, income assistance and other community services to achieve their highest level of recovery and improved quality of life.

NAMI-Yolo is here to help.

- Are you or someone in your family suffering from a mental illness?
- Do you feel alone and isolated?
- Have you wondered how others cope?
- Would you like to talk with someone who understands and can give emotional support?
- Do you want information about services for persons who have a mental illness and live in Yolo County?
- Do you want to learn more about mental illnesses and their treatment?

Early identification and treatment of psychiatric disorders are of vital importance. By getting people the treatment they need early on, recovery is accelerated and the brain is protected from further harm related to the course of the illness.

For more information

Phone (530) 756-8181

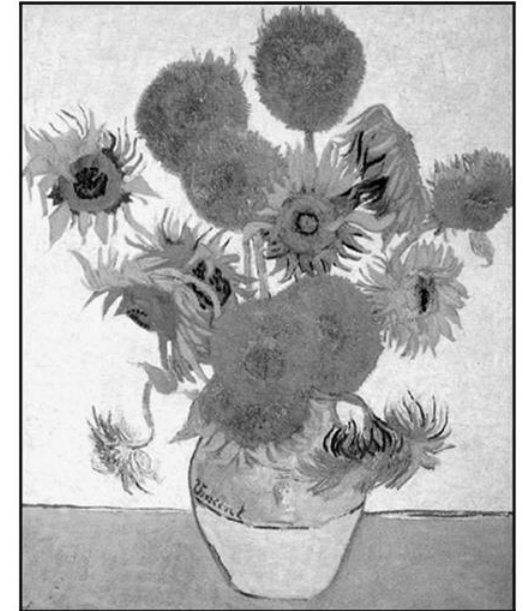
Or visit our website at

www.namiyolo.org

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NAMI-Yolo

a chapter of the National Alliance on Mental Illness



"Sunflowers"
Vincent van Gogh, 1888

Support, Education and Advocacy

*Dedicated to Improving the
Quality of Life for People
Living with Chronic Mental Illness
and their Families*

P.O. Box 447
Davis, CA 95617
(530) 756-8181
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friends@namiyolo.org

NAMI-YOLO PROGRAMS

EDUCATION COURSES

Offered twice a year, **Family to Family** is a free 12-week courses for families/caregivers of individuals with mental illness. **Peer to Peer Recovery Education** is a free 10 –week course for people with serious mental illness interested in establishing & maintaining their wellness.

MONTHLY POTLUCK / SPEAKER MEETINGS

Potluck dinners are held on the first Wednesday of the month (September through May) with the public invited. Most meetings include professional speakers.

ADVOCACY

NAMI advocates for a system of care that improves the quality of life for people with psychiatric disorders. We are actively involved in local, state and national issues pertaining to the effectiveness and delivery of services.

HELPLINE

Information and support to all who have questions about or are affected by mental illness. Phone 530-756-8181. Leave your name and phone number and a NAMI-Yolo support volunteer will contact you.

SUPPORT GROUPS

Separate groups for family members and people living with psychiatric disorders. Phone 530-756-8181 for dates and location.

CAN-DO

The CAN-DO mission is to support local area adults who are recovering from severe mental illnesses with helpful activities, experiences, advocacy and links to services on the journey to wellness.

SPECIAL EVENTS & PROJECTS

NAMI-Yolo reaches out to the community by sponsoring events during Mental Illness Awareness Week, Holiday programs for mental health clients, and *The Annual Pat Williams Winter Mental Health Dinner.*

NAMI-WALKS

Annual Spring Walk for mental health awareness and fundraising.. Through NAMI Walks' public, active display of support for people affected by mental illness, we are changing how Americans view persons with a mental illness...one step at a time.

NAMI-YOLO: WHO WE ARE

NAMI-Yolo is a grassroots volunteer nonprofit organization. We are one of 76 chapters of NAMI-California and one of over 1,200 affiliates of the National Alliance on Mental Illness, headquartered in Arlington, Virginia.

Beginning in 1978, NAMI-Yolo has assisted people with psychiatric brain disorders, family members and the community by:

- Providing support, education, understanding and resources to families and individuals coping with mental health challenges.
- Working together with families and health professionals on practical methods of living with mental illness.
- Working to reduce the stigma and guilt associated with mental illness by sponsoring community-wide events, courses and forums.
- Advocating for supportive services and affordable housing.
- Advocating for legislation on the national, state and local levels for quality treatment and equitable insurance coverage.
- Promoting research on prevention, treatment and rehabilitation.

WE INVITE YOU TO JOIN US

The support of friends like you allows us to continue to provide NAMI programs of education, advocacy and support in our community. Your membership dues help us fulfill our mission to improve the lives of people living with mental illness and their families. Your continued support of these efforts is deeply appreciated. If you have a special talent, or wish to serve the community, we welcome you as an active volunteer.

NAMI-Yolo Membership/Donations

Date: _____ New Member
 Renewal

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email _____

<input type="checkbox"/> Corporate	\$150	<i>Make checks payable to & mail to:</i> NAMI-Yolo PO Box 447 Davis, CA 95617 <i>* Nonprofit 501(c)3 donations are tax deductible to the extent allowed by law.</i>
<input type="checkbox"/> Benefactor	\$100	
<input type="checkbox"/> Patron	\$ 50	
<input type="checkbox"/> Family	\$ 40	
<input type="checkbox"/> Individual	\$ 35	
<input type="checkbox"/> Professional	\$ 35	
<input type="checkbox"/> Low Income	\$ 15	
<input type="checkbox"/> Consumer	\$ 3	
Donation*	\$ _____	
Total	\$ _____	

We are always in need of volunteers. Please take a moment to mark the activities that interest you.

Potluck Help Educational Programs Fundraising
 NAMI-Walks Special Events Other

Throughout the year, we will notify you of upcoming events & important issues unless you tell us otherwise. In some instances, we will use an automated phoning system. Please indicate the following:

Please do not phone me. Notify me only about special events.

Members receive the NAMI National Advocate, NAMI-California Connection and NAMI-Yolo newsletters. A portion of your dues goes directly to support programs at the national and state levels of NAMI.