

ABOUT MENTAL ILLNESS...

Severe Mental Illnesses Are:

- ◆ Biological brain disorders which interfere with normal brain chemistry. Genetic factors may create a predisposition in some people, and life stresses may trigger the onset of symptoms.
- ◆ Equal opportunity diseases, striking families from all walks of life, regardless of age, race, income, religion or education.
- ◆ Devastating to ill persons and their friends. One's thinking, feelings and social relations are disrupted, seriously reducing the ability to live a normal life. All family members are affected.
- ◆ Treatable! Appropriate medical care, medications and rehabilitation enable many people to live productive lives.

Severe Mental Illnesses Are Not:

- ◆ Anyone's fault. They are not caused by poor parenting or a weak character.
- ◆ Preventable or curable at this time. Great advances are being made in understanding brain functioning, but not enough is known yet to prevent or cure serious mental illnesses.
- ◆ Hopeless! These illnesses present difficult challenges, but support, education, and community of friends who understand are there for you!

24 Hour Crisis Hotline

Jefferson Hospital 856-428-4357

For Information on Available Services

Dial 211

*NAMI CAMDEN COUNTY, INC.
c/o Oaks Integrated Care
1409 N Kings Highway
Cherry Hill, NJ 08034*



National Alliance on Mental Illness

NAMI Camden County

Support . . Sharing . . Advocacy

SUPPORT

NAMI CAMDEN COUNTY, INC. provides opportunities for sharing experiences and for exploring coping techniques.

At our support group meetings we learn that we are not alone; we are not to blame; we are not powerless to deal with these illnesses; and we can improve our loved one's life as well as our own.

These support meetings provide a caring, understanding atmosphere in which anger, pain, denial and disappointment can be channeled into constructive action.



EDUCATION

Educational meetings feature professionals in the mental health field who cover a variety of topics such as new medications, managed care, provider services, health insurance, various entitlements and legal concerns.

We also publish a newsletter informing our membership and others about research on the various brain disorders, new medications, coping strategies, suggested reading materials and news from other NAMI affiliates.



ADVOCACY

We advocate for support services for our family members by:

- ◆ Fighting the stigma of mental illness.
- ◆ Serving on committees and boards of local and state mental health agencies.
- ◆ Supporting legislation aimed at achieving parity for health insurance, eliminating stigma and discrimination, increased funding for research into the causes and treatment of brain disorders, safe and affordable housing, rehabilitation and employment.



SUPPORT GROUPS

2nd Tuesday of each month.

Virtual ONLINE - Register at:
nami.camden.group@gmail.com

For information, call Karin
(856) 308-6735

NAMI CAMDEN COUNTY'S MISSION is to provide support, compassion, education, and advocacy for individuals, families, and friends of persons affected by mental illness.

MEMBERSHIP

NAMI CAMDEN COUNTY, INC. is a 501(c) (3) not-for-profit corporation and is open to all individuals who subscribe to its goals. Yearly membership dues include membership in NAMI and NAMI NEW JERSEY. Members will receive the local, state, and national news information from these organizations. *Although we invite your membership, it is not a prerequisite for attending our meetings.*

"Together we can make a difference"

Membership & Donation Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

Membership Dues

- ☐ \$5.00 Open Door (for low income)
- ☐ \$35.00 Individual
- ☐ \$60.00 Household (for individuals at same address)

Names of individuals covered under Household membership:

Tax Deductible Donation _____

Mail this form with check payable to:

NAMI Camden County, Inc.
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Cherry Hill, NJ 08034

namicamdencounty@gmail.com

THANK YOU