

INFORMATION AVAILABLE

I would like more information. Please send me the following:

1. Information about available training.
2. Information about Family Respite.
3. Information about specific illnesses (specify):
4. Information about NAMIWALKS
5. Sign me up for special alerts via my email

email address here:

Please send information to:

Name _____

Address _____

Phone: _____

I can volunteer time to help NAMI. Please let me know what volunteer opportunities are available.

Yes No

Mail to: NAMI Maine
1 Bangor St
Augusta, ME 04330



YOU ARE NOT ALONE

NAMI Maine brings the facts about mental health or co-occurring substance use conditions to families, the media, government, providers of mental health services, and the general public.

FAMILIES often don't know where to get help. They feel isolated. They feel they cannot tell other people about the illness in their family because people won't understand; people will judge them; people will shun them; or they believe it is not ok to talk about mental illness.

PEOPLE with mental health or co-occurring substance use conditions struggle to understand and cope with illness and find a path to recovery. NAMI Maine is there to help. We are trained to help find resources, to help people cope, to link people to support groups, and to help people get the information they need.

*NAMI helped our family understand, and
utilize the services available, and most
importantly, helped us to realize
we were not alone.*

— Jodi -NAMI Member

*Rated among the TOP Charities
most likely to save the world*

NAMI MAINE

National Alliance on Mental Illness
of Maine



**NATIONALLY RECOGNIZED BY
THE ROBERT WOOD JOHNSON
FOUNDATION AND NAMI
NATIONAL IN 2004 AND BY
SAMHSA IN 2007**

**One Bangor Street, Augusta, Maine
1-800-464-5767
207-622-5767
Fx: 207-621-8430
Email: info@namimaine.org
Http: www.namimaine.org**

WHAT IS NAMI MAINE?

NAMI Maine is a non-profit organization that provides support, education, and advocacy on behalf of people with mental illness and their families. We operate local support groups and work locally to help people cope with mental health or co-occurring substance use conditions — their own or their families.

NAMI Maine, the National Alliance on Mental Illness of Maine has over 800 members state-wide. People join NAMI because they want to improve the quality of life of all people living with mental illness or co-occurring substance use conditions.

NAMI Maine offers the following:

Advocacy: We will coach you on advocating for your needs and direct you to needed resources. We also advocate for statewide system change. Many people volunteer to help us respond to proposed legislation.

Help Line. Our 1-800 number is staffed by people who can provide support, help you navigate the system, resolve a problem, or find a solution to a problem.

Family to Family ,Out of the Shadows, Peer to Peer. 12 week courses that help families of adults (F2F), families of children (OOS), or people with mental illness (P2P) understand mental illness, the treatments available, and build coping skills and a solid recovery.

Support Groups: We will give you information about a group near you or help you start your own.

Respite Program. We have trained providers available to help you care for your adult family member.

Lending Library. We will lend you a book, DVD, video or cassette on the topic you request. Our library has over 200 books, videos and tapes. A listing is on line at www.namimaine.org.

NIMH Outreach Partner. We disseminate all of the newest research and information available from the National Institute of Mental Health.

CIT. We train law enforcement and corrections officers all across Maine so that they can de-escalate psychiatric crises. When you need a police officer that understands mental illness, ask dispatch to send a CIT officer to your home.

TeenScreen. We help Maine schools identify and help students who have un-addressed mental health or substance abuse needs through universal screening. Our goal is to prevent teen suicide.

Up and Running. We link at risk kids with adult mentors who train with them to run a marathon.

Information. We will mail you an information packet specific to your needs.



Become a member of NAMI

__Open Door. \$3. Available for people with limited incomes. Receives two quarterly magazines, *The Advocate*, from NAMI national and *The Voice*, NAMI Maine's web-based e-newsletter.

__Individual/Family. \$25. Receives two quarterly magazines, *The Advocate*, from NAMI national and *The Voice*, NAMI Maine's web-based e-newsletter

__Professional. \$40. Receives two quarterly magazines, *The Advocate*, from NAMI national and *The Voice*, NAMI Maine's web-based e-newsletter.

__Organization. \$100. Receives two quarterly magazines, *The Advocate*, from NAMI national and *The Voice*, NAMI Maine's web-based e-newsletter. Eligible for one two-hour staff training on the topic of your choice.

__Sponsor. \$500. Receives all the benefits of an organization and becomes a listed sponsor of the NAMI Maine annual walk.

Tax deductible donations: \$_____