NAMI Stanislaus Provides:

- Understanding and compassion from families who have experienced mental illness first hand
- Information on where to go and what to do in a crisis
- Books on brain disorders as well as pamphlets, periodicals and more
- Support Group Meetings where you can talk about your fears, stress, and how to cope with mental illness's effects
- A place to make friends who care
- The Family-to-Family classes; a FREE 12-week course for family members where you will learn about brain disorders, medications and treatments
- Peer-to-Peer Classes for people with mental illness, where they will learn about their illness, relapse prevention and recovery.

There is Hope and Recovery is Possible

NAMI Stanislaus Support Group Meetings:
2nd Wednesday of every month
Location: 500 N. 9th Street, Suite D
Modesto, CA
Time: 6:30 p.m. to 8:00 p.m.

Watch for special Speaker Meetings – speakers include doctors, mental health professionals as well as other specialists. Look for dates and locations in our NAMI Stanislaus Newsletter or call (209) 558-4555

http://www.namiStanislaus.org
email: nami@namiStanislaus.org
facebook.com/namiStanislaus

NAMI is the National Alliance on Mental Illness and has offered families hope for over 40 years

There is help... and there is hope! When no one else seems to understand, we are here to listen and offer help.
What is NAMI?

NAMI Stanislaus is a dynamic force working to bring needed changes in treatment, research and improved quality of life to persons living with mental illness and their families. As NAMI members we provide emotional support to each other during times of crisis and we help each other cope with the unique daily situations associated with mental illness.

Our meetings and discussions are informal yet informative. Members can talk openly about their concerns, anxieties, frustrations, guilt and isolation. And most importantly, families find hope listening to those who are in successful recovery.

NAMI Stanislaus provides positive support systems and seeks to provide the latest available information to families about brain disorders, medications, and treatment plans. We share contacts in our local mental health systems of care.

As our NAMI Stanislaus membership grows, so does our power to implement changes for people living with mental illness. Your input is needed and valued!

Please contact NAMI Stanislaus at:
(209) 558-4555

Also check out: www.namistanislaus.org
www.networkofcare.org

Warning Signs of Mental Illness

- Marked personality changes over time
- Confused thinking, grandiose ideas, or extreme moods (highs and lows)
- Excessive anxieties, unfounded fears or suspiciousness
- Blaming others when he/she is clearly at fault
- Withdrawal from society, friendlessness, abnormal self-centeredness
- Denial of obvious problems and strong resistance to help
- Thinking or talking about suicide
- Changes in eating or sleeping patterns
- Delusions, auditory or visual hallucinations
- Alcohol or drug abuse
- A growing inability to cope with daily problems and activities (school, job or personal needs)

Please Keep In Mind: The symptoms listed above in a single incident, or isolated event, may not indicate mental illness. However, if you have doubts, you should contact a professional if these symptoms persist or worsen.

FACTS ABOUT SERIOUS MENTAL ILLNESS

A mental illness is a brain disorder, and brain disorders, like epilepsy, are biologically based medical problems. The newest medical technology shows there is a difference between brains with disorders and those without.

In any given year, about 5 million American adults suffer from acute episodes of one of five serious brain disorders; schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, and panic disorders. Even many of America’s children - more than 3 million - suffer from these disorders.

Left untreated, serious brain disorders profoundly disrupt a person’s ability to think, feel and relate to others as well as their environments.

The good news is - treatment can work! Although causes of most mental illnesses are unknown, symptoms can usually be controlled by medication, psychotherapy and other treatments. Remember to keep hope alive!

There is nothing more stressful than a family crisis. Our Family-to-Family classes cover the signs of mental illness, how it is diagnosed, medications and useful strategies for coping – and much more!

“The evidence that serious mental illnesses are diseases is now overwhelming. Why should we treat them any differently than Parkinson’s, Alzheimer’s or Multiple Sclerosis?”

E. Fuller Torrey, M.D.
Author “Surviving Schizophrenia”