

Membership Application

Choose one:

New Renewal

Choose one:

Consumer, \$15

Individual/Family, \$35

Name _____

Address 1 _____

Address 2 _____

City _____

State _____ ZIP Code _____

Email _____

Additional Donations:

Consider giving an additional \$25 or more to NAMI Sacramento. Your donation helps support local efforts to assist the mentally ill.

Total Enclosed..... \$ _____

Mail this form to:

NAMI Sacramento
Membership Chair
PO Box 2154
Fair Oaks, CA 95628

Make checks payable to: NAMI Sacramento

NAMI Sacramento is a 501C(3) organization. All contributions are tax deductible as provided by law.




NAMI
SACRAMENTO
3331 Power Inn Road, Suite 140
Sacramento, California 95826



*Sacramento's Voice On
Mental Illness*

NAMI Sacramento

3331 Power Inn Road, Suite 140
Sacramento, California 95826

 (916) 874-9416
 office@namisacramento.org
 www.namisacramento.org

You Are Not Alone

NAMI Sacramento is dedicated to helping the mentally ill, their family members, and the broader community through a comprehensive set of activities, including:

- Providing support, education, understanding, and resources to people dealing with the frustrations and despair of mental illness
- Working with families and health professionals on practical methods of living with brain disorders
- Reducing the stigma and guilt associated with mental illness through community forums, public speaking, and informative programs
- Advocating for affordable, supportive housing for people with brain disorders
- Advocating for legislation at the local, state, and national, levels for quality treatment for those suffering from brain disorders
- Promoting research on prevention, treatment, and rehabilitation in all areas of mental illness

NAMI Sacramento Membership

As a member of NAMI Sacramento, you will have access to a community devoted to helping improve mental health care. Member benefits include:

- Our monthly newsletter
- A lending library of books, pamphlets, audio tapes, DVDs and CDs
- Educational opportunities
- Social events and holiday projects dedicated to consumers and their families
- Subscriptions to the NAMI National magazine and NAMI California newsletter

Membership Meetings

General meetings are open to the public and are held on the first Monday of each month at the Sacramento Municipal Utility's public auditorium (directions are also available at www.namisacramento.org):

📍 6201 S Street
Sacramento, CA 95817

The general meetings feature speakers on many topics, including treatment strategies, medications, research programs, county and city services, psychiatric rehabilitation, coping, residential alternatives, and child/youth services.

Support Groups

Support group meetings for consumers, family members, and friends are held at various times and places throughout Sacramento County. A complete listing of meetings is available online and in our monthly newsletter. You can download past editions of the newsletter online. Visit us on the internet:

📍 www.namisacramento.org

Advocacy

NAMI advocates for a system of care that improves the quality of life for people with serious brain disorders. We are actively involved at the local level in such programs as the Mental Health Services Act, the development of mental health courts, and issues related to the effectiveness and provision of mental health care. Speakers are available for outreach. Contact us:

📍 office@namisacramento.org

Education and Training

Family to Family

The NAMI Family-to-Family Education Program is a free 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

Peer to Peer Classes

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness interested in establishing and maintaining their wellness and recovery. Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness.

Working with Law Enforcement

Because many mentally ill individuals encounter law enforcement personnel, NAMI Sacramento takes an active role in working with county sheriffs and city police to educate their officers about recognizing and treating the mentally ill. NAMI provides training about the most constructive methods for dealing with the mentally ill in the community and on strategies for defusing crisis situations.