



## *We're here for you.*

Mission: NAMI Lansing, the tri-county's voice on mental illness, is dedicated to the improvement of the quality of life for persons, families and others, who are affected by mental illness, through support, education, advocacy, and research. NAMI Lansing is an affiliate of NAMI-the National Alliance on Mental Illness. As the blades of grass in our logo symbolize, NAMI Lansing is a grassroots, non-profit, self-help, volunteer organization.

Education, support, and a community of friends who understand can make life satisfying and meaningful again. We welcome you to become a member of NAMI Lansing.

*"NAMI breaks the isolation and closed in circle you can feel at times when caring for a loved one with mental illness...this group empowers you by giving you information, personal first hand practical help...and hope."*

*"NAMI Connection provided friendships with people who understand me. I'm not the only one who has mental health issues."*

*"It's good to meet and learn from other family members who have similar concerns. I now know better what to expect from my loved one and how I can help."*



## *What we stand for*

**The Worth and Dignity of All People.**

**Growth.**

**Family Wholeness and Connection.**

**Hope and Recovery.**

**Empowerment.**

**Social Justice.**

Learn the truth about mental illness and paths to recovery. Help reduce the stigma of mental illness. For more information about NAMI Lansing and our local programs contact us at (517) 484-3404 or by mail at NAMI Lansing, P.O. Box 26101, Lansing, MI 48909.



## *Neurobiologic Brain Disorders*

Mental Illnesses strike members of families from all walks of life regardless of age, race, income, religion or education. Major mental illnesses include:

- Anxiety & Panic Disorder
- Attention Deficit Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Major Depressive Disorder
- Obsessive Compulsive Disorder
- Autism Spectrum Disorders
- Schizophrenia



National Alliance on Mental Illness

Tri County's Voice on Mental Illness

## Lansing

Advocacy  
Education  
Support  
Friendship

We are here with information, resources and encouragement.

*Learn the truth about mental illness and paths to recovery.*



NAMI Lansing  
P.O. Box 26101  
Lansing, MI 48909  
www.NAMIlansing.org  
email: info@namilansing.org  
phone: 517-484-3404

NAMI National Alliance on Mental Illness

## *How can we help you?*

### **NAMI Family-to-Family** National Alliance on Mental Illness

An education program consisting of twelve classes structured to help family members understand and support their ill relative(s) while maintaining well-being. Info on many mental illness diagnoses, including schizophrenia, bipolar disorder, depression, PTSD, dual diagnosis & more; brain biology & causes of brain disorders; medications & treatment; communication; rehab and recovery; self-care & more. Trained & certified NAMI family members teach this nationally recognized, evidenced-based-practice curriculum.

### **NAMI Basics** National Alliance on Mental Illness

A new education program for parents and other caregivers of children and adolescents living with mental illnesses.

### **NAMI Family Support Group** National Alliance on Mental Illness

Find support, information, encouragement and hope! Family Support Group is lead by trained support group facilitators who are also family members. Support Groups are an important resource for families that live with severe and persistent mental illness in their daily lives. Sharing experiences is often a relief to those who may have never spoken about the impact of mental illness. Learning that others have been able to work out some of the problems associated with mental illness can inspire new hope.

### **NAMI WALKS** FOR THE MIND OF AMERICA

Join us and walk together in over sixty communities across the nation to raise money, awareness and fight stigma about mental illness.

### **NAMI In Our Own Voice** National Alliance on Mental Illness

A presentation by persons living with mental illness. Includes personal testimony, video, & discussion between presenter and audience. Available to church groups, civic organizations, and other interested groups.

### **NAMI Connection** National Alliance on Mental Illness RECOVERY SUPPORT GROUP

A Recovery support group program for those living with mental illness, any diagnosis. Recovery on your own time, at your own pace, led by a person with mental illness who understands the challenges we face. Talk to someone who understands...Someone just like you.

### **NAMI Hearts & Minds** National Alliance on Mental Illness

A program to promote health and wellness and to reduce health risks for individuals with mental illness. Call NAMI Lansing for details.

### **NAMI FaithNet** National Alliance on Mental Illness

This program was established to: Facilitate the development within the faith community of a supportive environment for those with mental illness and their families; Highlight the value of one's spirituality in the recovery process; Educate clergy and faith communities concerning mental illness; Encourage advocacy in the faith community to bring about hope and help for all who are affected by mental illness.

**All NAMI education programs are offered at no cost. Contact 517-484-3404 or visit our website at [www.namilansing.org](http://www.namilansing.org).**

## *Membership and Volunteer Opportunities*

### **We welcome you to join NAMI Lansing.**

Our membership includes membership in the National and state organizations. Members receive newsletters and information from all three sources and are a part of advocacy on the national, state, and local levels.

Please join us by following the link at [www.namilansing.org](http://www.namilansing.org) or mailing the form below to:

NAMI Lansing, Inc.  
Membership  
P.O. Box 26101  
Lansing, MI 48909

### **NAMI Lansing has two types of memberships, please select one:**

- \$35.00 Individual membership
- \$3.00 Open Door Membership (limited income, consumer or spouse of member)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-Mail \_\_\_\_\_