

## Who are we? What do we do?

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

NAMI Knox Licking County Ohio (KLCO) is a local nonprofit 501 (3) (c) organization that has been helping to put the *pieces of mental illness together* by education, support, and advocacy in the county since 1949! *We are supported by NAMI memberships, individual contributions and from the following community interests:*

- Community Foundation of Mount Vernon/Knox County
- Elizabeth Mather/William Gwinn Mather Fund
- Exchange Club of Mount Vernon/Knox County
- Faith Lutheran Church
- Faith Lutheran Church Women (WELCA)
- Gay Street United Methodist Church
- Harcourt Parish Episcopal Church—Gambier
- NAMI Ohio
- Peters Creek Fund
- Southside Diner/Athens Greek Restaurant

*Together,* NAMI members provide support to others

- by sharing their own experiences and understanding the challenges;
- by sharing information in classes that increase understanding of the illness and other techniques for improved coping and communication;
- by sharing the reality of hope and recovery, and by advocating for needed changes. JOIN today!

## What is mental illness?

A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.

Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

The good news about mental illness is that recovery is possible.

*Mental illnesses affects one out of four people worldwide; it affects persons of any age, race, religion or income.*

Mental illnesses are not the result of personal weakness, lack of character or poor upbringing.

Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

More facts and information are available at your local NAMI affiliate or by visiting [NAMI.org](http://NAMI.org).

Mental illness is treatable — recovery is possible!

THERE IS HOPE — THERE IS HELP — SEEK IT!



## KNOX LICKING COUNTY OHIO

A National Alliance on Mental Illness Affiliate



FIND HOPE ~~  
FIND HELP

## Education Advocacy Support

**NAMI KNOX LICKING COUNTY OHIO**

15 E. VINE STREET FRONT  
MOUNT VERNON, OH 43050  
740-397-3088

740-392-4008 FAX

[namiklcoho@embarqmail.com](mailto:namiklcoho@embarqmail.com)

[www.namiknoxohio.com](http://www.namiknoxohio.com)



# NAMI Knox Licking County Ohio Membership Form

JOIN

DONATE

*We are here to serve individuals, families, professionals and anyone else who supports the NAMI Mission.*

## NAMI MEMBERSHIP ..... \$35\*

Join the thousands of Americans across the USA who are dedicated to improving the lives of people with mental illness. When you join now for just \$35, you become a part of NAMI at the national, state, and local levels. Member benefits include The Advocate, member discounts, convention registration discounts, access to our online member community, and more. You may also care to make an additional donation.

*\*NAMI believes that financial hardship should not prevent membership. \*Open Door—If circumstances prohibit payment of the membership fee, please pay \$3 or any amount that is financially feasible for you. PLEASE do not be ashamed to ask.*

NAMI MEMBERSHIP: NEW \_\_\_\_\_ RENEWAL \_\_\_\_\_  
NAMI MEMBERSHIP NUMBER

## DONATE

- I wish to make an additional donation to NAMI of \$ \_\_\_\_\_  
 Thank you, I do not wish to become a member of NAMI, but would like to support your work and have included my check in amount noted below.

Please complete the form below, include your check made payable to NAMI KLC and mail to NAMI KLC Ohio, 15 E. Vine Street Front, Mount Vernon, OH 43050.

### SUGGESTED DONATIONS:

- \$20—INDIVIDUAL;  \$10—SENIOR;  \$ 5—STUDENT;  \$50 UP SPONSOR; \_\_\_\_\_ OTHER  
 PROFESSIONAL \$75\*;  BENEFACTOR \$100\*;  BUSINESS/ORGANIZATION \$250\*;  
 PACESETTER \$1000\*

*REGARDLESS HOW SMALL, YOUR GIFT OF FINANCIAL SUPPORT WILL BE WORKING IN THE COMMUNITY TO MAKE A DIFFERENCE AND INSPIRE HOPE AND HELP. THANK YOU FOR YOUR SUPPORT.*

*\*Includes national/state NAMI membership, Advocate magazine & other NAMI discount/benefits. Memorial contributions are also acceptable. Please let us know how we can help*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_  
 THANK YOU FOR SUPPORTING NAMI KNOX LICKING COUNTY OHIO—YOU MADE A DIFFERENCE!

## What Can NAMI Offer?

- Education
- Advocacy
- Support

*"By becoming involved in NAMI, I felt for the first time in my daughter's illness that I was not alone in this, that there were others who helped by sharing similar experiences."*

— A NAMI member

- One in four Americans suffers from a brain disorder or mental illness.
- One in seven children in the US has a serious emotional disturbance.
- Over 250,000 Ohioans use the community mental health system each year.
- Of the numbers above, 70,000 are children.

*Sadly, thousands of other Ohioans struggle through life with untreated mental illness.*

**For more information call us at 740-397-3088**

E-mail: [namiklcohia@embarqmail.com](mailto:namiklcohia@embarqmail.com)

[www.namiknoxohio.com](http://www.namiknoxohio.com)

15 E. Vine Street Front

Mount Vernon, Ohio 43050

visit: [www.nami.org](http://www.nami.org)

## NAMI Basics (signature program)

This is a free six-session course for parents and other primary caregivers of children and adolescents living with mental illness. It offers an overview of the systems involved in caring for children and teens; the biology of mental illness; coping skills and much more.

## FAMILY-TO-FAMILY (signature program)

This **free** twelve-week program is for families, partners, or friends of a loved one diagnosed with a mental illness. Participants gain insight into schizophrenia, bipolar disorder, depression, PTSD, and other mental disorders. Sessions address self-care, problem solving, communication techniques, and empathy. The biology of the brain, medications, recovery and rehabilitation are also explored.

Registration is required both programs.  
Call 749-397-3088

for information on class times and availability.

**NAMI PEER SUPPORT GROUP**—Free. Meets 2X/month, 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 7:00 p.m.—8:30 p.m., Gay Street United Methodist Church. Open to individuals diagnosed with a mental illness, (their families, partners, and friends are welcome). A group for peer-support. Call 740-397-3088 for information.

**FAMILY PEER SUPPORT GROUP** for family members/caretakers of individual having a mental disorder. Free. Meets 2nd Tuesday/month, 7:00 p.m.—8:30 p.m., Faith Lutheran Church, 170 Mansfield Ave., Mt. Vernon.

**SOS: Survivor of Suicide Support Group**—2nd Thursday/month at 5:30 –7:00 p.m. at Hospice of Knox County.

**WE CARE CHAT LINE** 740-397-9322—M-F 5:00 P.M.—11:00 P.M., WEEKENDS 8:00 A.M.—11:00 P.M. (not a "crisis" line)

**OUTREACH PROGRAMS** (in addition to above)

ANNUAL MEETING

QUARTERLY NEWSLETTER

SPEAKERS, SPECIAL COMMUNITY FORUMS FOR SCHOOLS, ORGANIZATIONS, ETC.

SUICIDE PREVENTION AWARENESS, PREVENTION, AND MORE!

**NAMI KLCO coordinates the Knox County Suicide Coalition**  
 Suicide is preventable! Reach out! Get Help! DIAL 211 or 911 for help!

