

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.

JOIN NAMI—HELP OTHERS

NAMI Knox Licking County Ohio (KLCO) is a local nonprofit 501 (3) (c) organization. Our mission is to put the pieces of mental illness together to make life better for families and individuals living with mental illness through education, support and advocacy. *We are grateful for the support of the following who make it possible for us to do what we do:*

- 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
- Individual contributions & NAMI memberships*
- NAMI Ohio
- Southside Diner/Watt's Restaurant
- The Main Place Recovery Centers

**Better together - As family we help each other—*

- by sharing experiences and understanding of the challenges we and our loved ones face;
- by sharing information in classes that increases our understanding of the illness and other techniques for improved coping and communication;
- by sharing the reality of hope and recovery with each other, and by advocating for needed changes.

JOIN us in our mission to help others!

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 which includes education and support.

More facts and information are available at your local NAMI affiliate or by visiting NAMI.org.

Mental illness is treatable — recovery is possible!

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THERE IS HOPE — THERE IS HELP — SEEK IT!



offering

Help & Hope
for the mentally ill and their families

through

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

www.namiknoxohio.com



Our mission is to put the pieces of mental illness together to make life better for families and individuals living with mental illness.



Better together

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.

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 \$40/yr., 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.

Individual _____ \$40* Family _____ \$60

*NAMI believes that financial hardship should not prevent membership. *Open Door—\$5.00

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?

- Educational programs
- Support—both Peer/Family
- Advocacy

JOIN NAMI TODAY AND HELP IN OUR EFFORT TO FIGHT THE STIGMA OF MENTAL ILLNESS!

"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 five 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: namiklcohoia@embarqmail.com

Visit : www.namiknoxohio.com

15 E. Vine Street Front

Mount Vernon, Ohio 43050

Hours—10:00 a.m.—4:00 p.m. , Tues., Wed., Thurs.

NAMI Basics (signature program)*

A free 6-session educational program for caretakers of children 18 and under. Call 740-397-3088 for info.

FAMILY-TO-FAMILY (signature program)*

A free, evidenced-based, 12-week series educational program for caretakers of adults diagnosed with a mental illness. Offered both in Licking & Knox Counties in spring and fall (September & March). *Registration is required Call 749-397-3088 for information on class times and availability.

NAMI CONNECTION (a Peer Support Group)—Free. **EVERY** Thursday, 7:00 p.m.—8:30 p.m., Gay Street United Methodist Church. Mt. Vernon—confidential, safe—bond with others in like circumstances.

FAMILY PEER SUPPORT GROUP for family members/caretakers of individual having a mental disorder. Free. Two locations—**2nd Tuesday**/ month, 7:00 p.m.—8:30 p.m., Faith Lutheran Church, 170 Mansfield Ave., Mt. Vernon.
2nd Thursday and The Main Place, 6:00-7:30 p.m., 112 S. Third Street, Newark

SOS: Survivor of Suicide Support Group—2nd Thursday, 5:30—7:00 p.m., Hospice of Knox County. A group for those who have lost a loved one to suicide. Call Kathy Wantland for info. 740-397-5188.

And more:

ANNUAL MEETING,
NEWSLETTER
SUICIDE PREVENTION AWARENESS & EDUCATION (Know the signs—reach out!)
SPEAKERS, SPECIAL COMMUNITY FORUMS FOR SCHOOLS, ORGANIZATIONS, ETC.



NEED HELP—IN CRISIS—DIAL 911 for help! --- Or call the National Talk Line: 1-800-273-8255

VOLUNTEER OPPORTUNITIES
NAMI ON CAMPUS
(Kenyon College Student Sponsored),

THERE IS HELP & HOPE

