

WE INVITE YOU TO JOIN NAMI SIX COUNTY!

We need your membership to:

- ◆ Continue the fight to ensure access to quality care.
- ◆ Continue helping families and friends of persons with mental illness.
- ◆ Help end discrimination against people with mental illness.

If you would like to join our affiliate, fill in the information below and mail it to:

NAMI Six County Treasurer
1500 Coal Run Rd
Zanesville, OH 43701

Name: _____

Address: _____

City/State/Zip: _____

Home/Work Phone: _____

\$60 Household Membership _____

\$40 Individual Membership _____

\$5 Financial Hardship Membership _____

Additional Donation (if any) _____

Total Enclosed: _____

**I am interested in doing volunteer work for
NAMI Six County.**

NAMI Six County is a 501C(3) organization. Contributions and donations are tax deductible.



AT NAMI SIX COUNTY YOU'LL FIND . . .

- A place to build a network of friends who care and understand.
- Ideas that can help you take care of yourself and your family.
- Classes that help you cope.
- A chance to share your experience and to learn from others.
- Information about brain disorders, treatment and services.
- Opportunities to advocate for change.
- Senior Assistance with Mental Illness
- Help . . . Hope . . . Healing.



**SOMEONE YOU LOVE
HAS A MENTAL
ILLNESS . . .
YOU ARE NOT ALONE!**

NAMI Six County

*"The Community's Voice on
Mental Illness"*

Contact:

Breann Adams

(220) 203-9781

**Email: nami6counties@gmail.com
www.facebook.com/nami6county**

**Serving Coshocton, Guernsey, Morgan,
Muskingum, Noble & Perry Counties**

SUPPORT GROUPS



In NAMI Six County's groups, family members have a chance to fully share their struggles and give support and comfort to each other, as well as information and resources to solve problems. An attempt is also made to include educational presentations about mental illness and available community resources.

► **Family Support Group:** Meets the third Tuesday of the month at 2:30pm at the Muskingum County Senior center.

► **4 T's Connections Peer-to-Peer Support Group:**

Meets the third Thursday of each month at 2:30 p.m. at Beacon Place in Zanesville. Call Kay Bednarczuk 740.453.3688 for more information

► **Coshocton Support Group:** Meets on the third Monday of each month at 7:00pm. at Allwell Behavioral Health, 710 Main Street, Coshocton.

EDUCATION



► Family-to-Family Education Program

This FREE 8-week course is for families of adults with severe mental illnesses. All course materials are furnished at no cost. The curriculum focuses on schizophrenia, bipolar disorder, clinical depression, panic disorder and obsessive-compulsive disorder. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.



► Crisis Intervention Team (CIT) Academy

In collaboration with our local Mental Health & Recovery Services Board, Allwell Behavioral Health Services, the Muskingum County Sheriff's Department and other area Law Enforcement agencies, we offer a week-long course designed to train law enforcement officers to recognize people with mental illnesses and to take them for evaluation and treatment rather than to a jail. We also offer training for 911 call takers, often the first individuals to offer help to those in crisis.

WHO WE ARE & WHAT WE DO

NAMI Six County is an affiliate of the National Alliance on Mental Illness. Our affiliate is a grassroots, self-help support and advocacy organization. Members are families and friends of persons with mental illness.

- We care about the quality of life of all persons stricken with some form of mental illness.
- We advocate on local, state and national levels for legislation and funding to ensure quality community-based services.
- We work to remove the stigma of mental illness by educating the general public, and by dispelling myths and misconceptions about mental illness.
- We assist families of people with mental illness through mutual support and education.

NAMI Six County Mission

To ensure dignity and respect for persons with serious mental illness, improve their quality of life, and support their families.