

DOES SOMEONE YOU LOVE HAVE A MENTAL ILLNESS?

What Is Mental Illness?

Mental Illnesses, also called psychiatric disorders, are chronic biological illnesses caused by abnormal brain function. They include schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, panic disorder, personality disorder and severe emotional disorders in children.

Psychiatric Disorders (Mental Illnesses) Affect People Of All Age Groups And Walks Of Life.

One family in four has a family member suffering from a psychiatric disorder. In any given year, five million adults and seven-and-a-half million children in America experience these disorders regardless of age, ethnic background or social status.

Because they are biological illnesses, they cannot be overcome by "will power" & are not related to a person's character or intelligence.

Psychiatric Disorders are Treatable

Psychiatric disorders can now be diagnosed and effectively treated. With treatment, 70 to 90% of individuals have significant symptom reduction.

People also need supportive counseling, self-help groups, assistance with housing, vocational rehabilitation, income assistance and other community services to achieve their highest level of recovery and improved quality of life.

NAMI-Yolo is here to help.

- Are you or someone in your family suffering from a mental illness?
- Do you feel alone and isolated?
- Have you wondered how others cope?
- Would you like to talk with someone who understands and can give emotional support?
- Do you want information about services for persons who have a mental illness and live in Yolo County?
- Do you want to learn more about mental illnesses and their treatment?

For more information

Phone (530) 756-8181

Or visit our website at

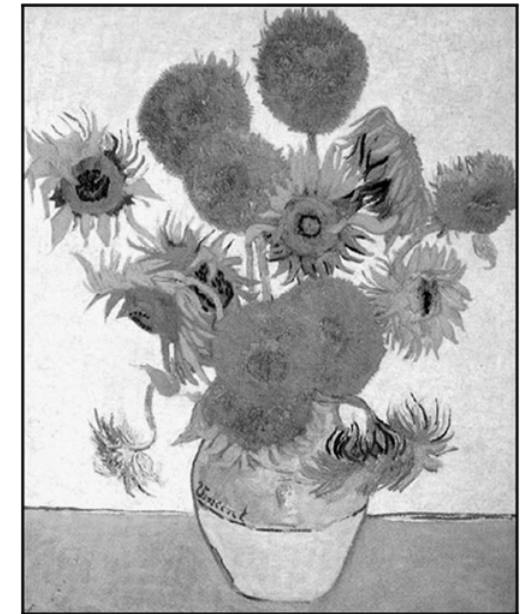
www.namiyolo.org

Early identification and

treatment of psychiatric disorders are of vital importance. By getting people the treatment they need early on, recovery is accelerated and the brain is protected from further harm related to the course of the illness.

NAMI-Yolo

a chapter of the National Alliance on Mental Illness



"Sunflowers"
Vincent van Gogh, 1888

Support, Education and Advocacy

*Dedicated to Improving the
Quality of Life for People
Living with Chronic Mental Illness
and their Families*

P.O. Box 447
Davis, CA 95617
(530) 756-8181
www.namiyolo.org
friends@namiyolo.org

NAMI-YOLO PROGRAMS

FAMILY TO FAMILY COURSE

Trained volunteers teach a free 12-week educational course for families & caregivers of individuals with psychiatric disorders.

PEER TO PEER RECOVERY EDUCATION

Peer mentors lead a free 9-week course for people with serious mental illness interested in establishing and maintaining their wellness.

MONTHLY MEETINGS

Potluck dinners are held on the first Wednesday of the month (September through May) with the public invited. Most meetings include professional speakers.

ADVOCACY

NAMI advocates for a system of care that improves the quality of life for people with psychiatric disorders. We are actively involved in local, state and national issues pertaining to the effectiveness and delivery of services.

HELPLINE

We provide information and support to all who have questions about or are affected by mental illness. Phone 530-756-8181 and leave your name along with your phone number and a NAMI-Yolo support volunteer will contact you.

SUPPORT GROUPS

Monthly groups for family members (including one in Spanish) and NAMI Connections, a weekly self-help support group for people with serious mental illness. Phone 530-756-8181 for dates and location.

SEEDS OF HOPE

Using the sunflower as a symbol of hope, we work to dispel myths and prejudice surrounding mental illness. Our *Annual Sunflower Art Competition and Show* selects the design for seed cards sold as part of the *Tallest Sunflower in Yolo County* contest.

SPECIAL EVENTS & PROJECTS

NAMI-Yolo reaches out to the community by sponsoring events during Mental Illness Awareness Week, Holiday programs for mental health clients, and our *Annual Mental Health Dinner*.

NAMI-YOLO: WHO WE ARE

NAMI-Yolo is a grassroots volunteer nonprofit organization. We are one of 72 chapters of NAMI-California and one of over 1,200 affiliates of the National Alliance on Mental Illness, headquartered in Arlington, Virginia.

Beginning in 1975, NAMI-Yolo has assisted people with psychiatric brain disorders, family members and the community by:

- Providing support, education, understanding and resources to families and individuals coping with mental health challenges.
- Working together with families and health professionals on practical methods of living with mental illness.
- Working to reduce the stigma and guilt associated with mental illness by sponsoring community-wide events, courses and forums.
- Advocating for supportive services and affordable housing.
- Advocating for legislation on the national, state and local levels for quality treatment and equitable insurance coverage.
- Promoting research on prevention, treatment and rehabilitation.

WE INVITE YOU TO JOIN US

The support of friends like you allows us to continue to provide NAMI programs of education, advocacy and support in our community. Your membership dues help us fulfill our mission to improve the lives of people living with mental illness and their families. Your continued support of these efforts is deeply appreciated. If you have a special talent, or wish to serve the community, we welcome you as an active volunteer.

NAMI-Yolo Membership/Donations

Date: _____ New Member
 Renewal

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email _____

<input type="checkbox"/> Corporate	\$150	<p><i>Make checks payable to & mail to:</i></p> <p>NAMI-Yolo PO Box 447 Davis, CA 95617</p> <p><i>* Nonprofit 501(c)3 donations are tax deductible to the extent allowed by law.</i></p>
<input type="checkbox"/> Benefactor	\$100	
<input type="checkbox"/> Patron	\$ 50	
<input type="checkbox"/> Family	\$ 40	
<input type="checkbox"/> Individual	\$ 35	
<input type="checkbox"/> Professional	\$ 35	
<input type="checkbox"/> Low Income	\$ 15	
<input type="checkbox"/> Consumer	\$ 3	
Donation*	\$ _____	
Total	\$ _____	

We are always in need of volunteers. Please take a moment to mark the activities that interest you.

Potluck Help Educational Programs Fundraising
 Newsletter/Mailings Special Events Other

Throughout the year, we will notify you of upcoming events & important issues unless you tell us otherwise. In some instances, we will use an automated phoning system.

Please indicate the following:

Newsletter Delivery Email US Mail Both Don't Send

Please do not phone me. Notify me only about special events.

Members receive the NAMI National Advocate, NAMI-California Connection and NAMI-Yolo Outlook newsletters. A portion of your dues goes directly to support programs at the national and state levels of NAMI.