

FACTS

Mental illnesses are serious medical illnesses. The National Institute of Mental Health (NIMH) reports that *One in four adults - approximately 57.7 million Americans - experience a mental health disorder in a given year.* In 2006, 33,300 (approximately 11 per 100,000) people died by suicide in the U.S. More than 90 percent of people who kill themselves have a diagnosable mental disorder, most commonly a depressive disorder or substance abuse disorder (Archives of General Psychiatry, 2005 Jun;62(6):617-27..).

Treatment works. The best treatment for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports (www.namivirginia.org).

RESEARCH HIGHLIGHTS

Continuous research is needed not only to determine the causes of mental illness, but to eradicate it. NAMI supports ongoing research including that of the National Alliance on Schizophrenia and Depression (NARSAD), the National Institutes of Health (NIH), and the National Institute of Mental Health (NIMH).



*We're Out to Change
A Lot of Minds*

NAMI

Mid-Tidewater

Serving:

*Westmoreland, Lancaster,
Richmond County,
Northumberland,
Middlesex, King & Queen,
King William, Essex,
Mathews, and Gloucester*

MEETINGS

**3rd Monday of each month
7:00 p.m.**

at

Urbanna Baptist Church
on right just after the bridge!

Urbanna, Virginia

NAMI

Mid-Tidewater

National Alliance

on

Mental Illness



NAMI Mid-Tidewater
P.O. Box 1094
Kilmarnock, VA 22482



NOTE-New Phone and Email:
804-684-1480

NamiMidtidewater@gmail.com

*FOR FAMILIES AND FRIENDS OF
persons with brain disorders*

NAMI - Mid-Tidewater

NAMI is a grass roots, family and consumer self-help support and advocacy organization dedicated to improving the lives of persons with severe mental illnesses. We are a local affiliate of the National Alliance on Mental Illness.

What is Mental Illness? Mental Illness is a broad range of brain disorders that are biological which interfere with normal brain function (chemistry).

These disorders include:

- Schizophrenia
- Manic Depression (Bi-Polar Disorder)
- Major Depression
- Obsessive-Compulsive Disorder
- Panic Disorder
- Post Traumatic Stress Disorder

Mental illnesses can happen to anyone no matter what age, economic status or race. These illnesses present difficult challenges, but help is available. Support, education, and a community of friends who understand can make family life satisfying and meaningful again.

We're out to change a lot of minds.

NAMI - Mid-Tidewater

WE EDUCATE: We provide speakers who share information on new medications and treatment, social services, disability benefits, and rehabilitation programs.

We provide programs via cassettes, videos, books, and publications.

We promote public awareness of the facts about brain disorders by the way of the media and NAMI sponsored activities.

WE ADVOCATE: We advocate for the rights of persons with brain disorders by communication with legislatures, dissemination of information through the media, and working with agencies who deliver services.

We help promote the purposes of NAMI Virginia and NAMI in their efforts to end discrimination, to raise money for research, and to improve the lives of persons with brain disorders.

WE SUPPORT: We work together to provide person-to-person emotional support and to help families and their loved ones develop confidence and strength to deal with brain disorders.



JOIN US.

We'll know what you're talking about.

MEMBERSHIP APPLICATION

Membership includes Local, State, and National benefits

- Family/Individual \$ 35.00
 Open Door \$ 3.00
 Corporate \$ 100.00
 Donation \$ _____

All contributions are tax deductible under our 501 (c) (3) IRS status.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Mail to:
NAMI

Mid-Tidewater
P.O. Box 1094

Kilmarnock, Virginia 22482