

JOIN

What are the benefits of a NAMI membership?

All NAMI members receive the benefits of membership at all three levels of the organization, including:



- Membership in the local affiliate, state organization and NAMI national organization.
- Being part of the national effort to support those affected by mental illness and fight stigma.
- Eligibility to vote in all NAMI elections.
- A subscription to *The Advocate*, NAMI's quarterly magazine, as well as our newsletter, *The Messenger*, NAMI-Western Massachusetts voice on mental health.
- Membership discounts from NAMI National on brochures, videos, promotional items, and registration at NAMI's annual convention as well as many state and local conferences.

(see nami.org/Membership for more information)

- Annual Membership Dues: \$40.00
- Open Door Membership: \$5.00
- Household (living at one address): \$60.00
- Additional Donation: _____

Make Checks Payable to NAMI-WM



Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 E-mail: _____



NAMI-Western Massachusetts
Annual Iris Project

"As for me, you must know I shouldn't precisely have chosen madness if there had been any choice. What consoles me is that I am beginning to consider madness as an illness like any other, and I accept it as such".

~ Vincent van Gogh

Stop the Stigma

OUR MISSION

NAMI-Western Massachusetts is dedicated to helping improve the quality of life for individuals and families affected by mental illness through support, education and advocacy.

DONATE

With your help, NAMI can continue its work as America's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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NAMI - Western Massachusetts

As Always

THANK YOU FOR YOUR SUPPORT!

Open Your Mind

1 in 5 people are affected with mental health conditions.



Talk to Someone Who Understands

NAMI - Western Massachusetts

324A Springfield Street, Agawam MA 01001
413 • 786 • 9139

Toll Free: 800 • 295 • 2121

email: information@namiwm.org
namiwm.org

Monday - Friday 8:30 a.m. - 3:00 p.m.

What is NAMI of Western Massachusetts (NAMI-WM)?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for individuals living with mental illness and their loved ones. NAMI of Western Massachusetts is the largest of the affiliates in Massachusetts. We serve Hampden, Hampshire and Franklin counties.

What does NAMI-WM do?

We are a non-profit organization along with our dedicated volunteer members and leaders that work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our Western Massachusetts community living with mental illness and their loved ones. All programs are offered at no cost to the public. We also have a volunteer program where members work in our office, participate in special events and other activities. Our office is open Monday - Friday from 8:30 a.m. - 3:00 p.m. and has a lending library and other resources.

Who can join NAMI-WM as a member?

Anyone can join NAMI as a member and supporter. With 1 in 5 people affected with a mental health condition we welcome everyone to join and participate in our organization. Peers, consumers, family members, professionals and community members are all current members.

How much do the support groups and other NAMI programs cost?

All of our programs and services are offered at no cost to the public.

Mental Health is Essential to Good Health

NAMI-WESTERN MASSACHUSETTS PROGRAMS

All programs are presented by NAMI-trained volunteers at no cost to the public. Please call for a schedule of our weekly groups, events, to set-up a presentation or visit our website namiwm.org for more information.

NAMI CONNECTION RECOVERY SUPPORT GROUP

A free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI FAMILY SUPPORT GROUP

A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight and hope from the challenges and successes of others facing similar circumstances. You'll benefit through each other's experiences, discover your inner strength and learn how to identify local resources and how to use them.

IN OUR OWN VOICE

These free, 40-, 60-, or 90-minute presentations provide a personal perspective of mental illness, as presenters with lived experience talk openly about what it's like to live with a mental health condition.

FAMILY TO FAMILY

A free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidence-based program and is taught by NAMI-trained family members who have been there and includes presentations, discussions and interactive exercises.

NAMI BASICS

A free, 6-week educational program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. The program is offered in a group setting so you can connect with other people face-to-face.

ADVOCACY

Individuals and families that need assistance navigating through the mental health system can obtain assistance from the NAMI-WM office. We can provide information, referrals and support.

ANNUAL EVENTS

Each year our affiliate sponsors annual fundraising events that include our Iris Project, Golf Tournament and Walkathon. All members are encouraged to participate, as the funds we receive are critical to keeping our office open.

VOLUNTEERS

We have many different volunteer opportunities in our office including; event planning, fundraising and more. We offer orientation, training and supervision by our staff, all are welcome. There are also internships available to those who are interested.



**NAMI-Western Massachusetts is
"On The Move!!!"**

PLEASE DONATE TODAY

To make a tax free donation, a major gift, an honorarium or memorial donation, please make checks payable to NAMI-Western Massachusetts (NAMI-WM), visit our website or contact us for more information.



Need Help?

Call: 413•786•9139

or

(Toll Free) 800•295•2121
email: information@namiwm.org
or visit: namiwm.org