

# JOIN

## What are the benefits of a NAMI membership?

- Membership in the local affiliate, state organization and NAMI national organization.
- 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 at NAMI National store, registration at NAMI National convention, other local conventions and full access to NAMI website for resources and more.
- Help show that mental health is something we all need to care about.
- Provide hope to those affected by mental health conditions.
- Help fight stigma through information and awareness.
- Help NAMI provide free programs, events, groups and advocate for better access to treatment and services.

For more information go to [nami.org/membership](http://nami.org/membership)



### 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 health conditions 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 by mental health conditions.



## Talk to Someone Who Understands

### NAMI Western Massachusetts

1221 Main St. Suite 100

Holyoke MA 01040

(413) 786 - 9139

email: [information@namiwm.org](mailto:information@namiwm.org)

[namiwm.org](http://namiwm.org)

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

## **What is NAMI 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 health conditions and their loved ones. NAMI Western Massachusetts is one of 17 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. As 1 in 5 people live with a mental health condition, we welcome everyone to join and participate in our organization. Peers, family members, consumers, and professionals are all current members.



### **Need Help?**

Call: 413•786•9139  
or  
email: [information@namiwm.org](mailto:information@namiwm.org)  
or visit: [namiwm.org](http://namiwm.org)

**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 and events, to set up a presentation or visit our website [namiwm.org](http://namiwm.org) for more information.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and receive the resources they need.

### **NAMI Connection Recovery Support Group**

is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are peer-led by trained leaders who've been there.

### **NAMI Family Support Group**

is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

### **NAMI Family-to-Family**

is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. It is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

### **NAMI Peer-to-Peer**

is a free, 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. The course provides an opportunity for mutual support and growth.

### **Other Programs Available in Massachusetts**

NAMI Basics (Basics on Demand) [nami.org/basics](http://nami.org/basics)  
NAMI Homefront offered online [nami.org/homefront](http://nami.org/homefront)  
NAMI In Our Own Voice - presentations  
Allies for Student Mental Health  
Criminal Justice Diversion Project  
Ending the Silence

## **ADVOCACY**

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

## **ANNUAL EVENTS**

Each year our affiliate sponsors annual fundraising events that include our Iris Project, Walkathon and more. All are encouraged to participate, as we receive no government funding, the funds we receive help keep our office operating to serve your community.

## **VOLUNTEERS**

We have many different volunteer opportunities available; in our office, event planning, fundraising and more. We offer orientation, training and supervision. Internships are also available. Call or stop by to help support your local community.

**NAMI Western Massachusetts is  
"Building Better Lives"**

**Please Donate Today**



To make a tax deductible donation, major gift, honorarium or memorial, make checks payable to NAMI Western Massachusetts (NAMI-WM) visit our website or contact us.

**Thank you for your contribution.**

**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.