

Membership Application

I wish to become a member of NAMI Putnam:

Membership dues include NAMI Putnam, NAMI NYS & National NAMI, \$40.00

Open Door Membership for those with financial hardship \$5.00

Household Membership \$60.00

Please list all household members:

Street: _____

City: _____

State: _____ ZIP: _____

Phone: _____

email: _____

Please return this form and a check made payable to NAMI Putnam

P.O. Box 552, Mahopac, NY 10541

I would like to make a donation to NAMI Putnam County so that they can continue supporting local people with mental illness and their families.

If your Company offers a Matching Gift Donation, please include those forms when you send your donation.

 **NAMI Putnam County**

(845)363-1478
NAMIPutnam@gmail.com
P.O. Box 552
Mahopac, NY 10541
www.NAMIPutnam.org



A self-help, support and advocacy organization dedicated to improving the lives of people with brain disorders known as mental illness.

OUR MISSION

The National Alliance of Mental Illness Putnam County (NAMI Putnam) is dedicated to providing

- Education
- Advocacy
- Support

To individuals and families of all ethnic backgrounds affected by mental illness in Putnam County and its environment.

We come together for a common purpose - to share our experiences in order to understand and advocate for our relatives and friends.

(845)363-1478

EDUCATION

NAMI Putnam's Monthly Speaker Series

is a program designed to cover topics to assist family members in supporting and advocating for their loved one. Brain disorders, medications, treatment plans, insurance changes, social security, housing and veterans needs have all been recently discussed by leaders in Putnam County.

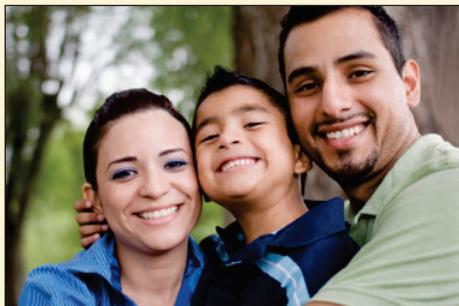
Third Wednesday of each month
Jan.-June & Sept.-Dec.
6:45-8:45pm

Mahopac Library, 668 Rt. 6 Mahopac, NY

**NAMI Putnam's
FREE signature education
programs offer
community members the tools
needed to promote
self-care and recovery**

NAMI BASICS

A six week course for parents and caregivers of children and adolescents with behavioral issues, or a range of mental health diagnoses. The course covers getting an accurate diagnosis, treatment options, the impact on the parents and the rest of the family and an overview of the school systems involved.



FAMILY-TO-FAMILY

A twelve week course for and taught by family caregivers who have walked in the participant's shoes. The education program discusses the clinical treatment of brain disorders such as schizophrenia, bi-polar disorders, depression and obsessive compulsive disorder. It also teaches the skills to cope more effectively.

All courses are led by trained family members. Their lived experience provides a powerful model for education and support and gives participants the skills to effectively navigate the behavioral health system.

PUBLIC EDUCATION EVENTS

Leading experts are invited to speak on the key topics impacting the community.

ADVOCACY

NAMI Putnam provides its members and the public with the tools to stay informed and to be effective advocates through:

- Monthly Mailings
- e-Newsletter
- Access to books, DVD's and resources on mental illness

SUPPORT

We come together once a month at the Mahopac Public Library. Once you come you too, are part of the family. We come together for a common purpose - to share our experiences in order to understand and advocate for our relatives and friends. We know that mental illnesses is a brain disorder that can be diagnosed and treated.

NAMI Putnam Info Line

(845) 363-1478

provides callers with support, information, and referrals to community services.

NAMIPutnam@gmail.com

responds to questions.

Crisis Hotline

(845)225-1222

provides emergency support for individuals and families in crisis.

IN OUR OWN VOICE

is a free anti-stigma education presentation that can change hearts, minds and attitudes. People living with mental illness integrate their stories from dark days through recovery. It is designed to shatter stereotypes and offer hope. What better way to dispel myths about mental illness than to hear from people who have been there.

Please Join Us...

We need your voice to work effectively for improved treatment and more research into mental illness and better quality of life for those who have brain disorders. We also need each other for mutual support and compassion, in order to cope with the effects that mental illness has had on every person in our families, including ourselves. Help us help other families in Putnam County.

Become a member today and make a difference remember...

YOU ARE NOT ALONE!