

## NAMI Mercer is here for you

We are a volunteer-driven, non-profit organization with a mission to improve the lives of individuals and families affected by mental illness through education, support, outreach and advocacy. NAMI Mercer, founded 1984, is New Jersey's largest affiliate of the National Alliance on Mental Illness.

No one should have to face mental illness alone. With NAMI Mercer, no one does.



## Support NAMI Mercer

**Join.** Please become a member and receive education and support on mental health topics that promote recovery. Receive up-to-date information on policy, research, and news.

**Volunteer.** Please contribute your time and talents. With our small staff, we rely on volunteers for program leadership, advocacy, office work, events, and communications.

**Donate.** Please contribute. There is no charge for most of NAMI Mercer's programs. We rely upon the generous gifts of the community. One hundred percent of your contribution goes to support our free programs and is tax deductible.

**Call NAMI Mercer. 609-799-8994**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
PHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_

### Please indicate amount enclosed:

- Annual Family Membership (\$35) \_\_\_\_\_
- Open Door Membership (\$3) \_\_\_\_\_  
(limited income)
- Organizational Membership (\$150) \_\_\_\_\_
- Professional Membership (\$50) \_\_\_\_\_
- Donation (any amount) \_\_\_\_\_

I would like to volunteer.

MAIL TO: NAMI MERCER  
3371 Brunswick Pike, #124  
Lawrenceville, NJ 08648

Visit [www.namimercer.org](http://www.namimercer.org) to join or donate.



*If you or someone  
you love is  
affected by mental  
illness...*



*you are not  
alone.*

## Education

NAMI Mercer offers free, nationally developed classes and special workshops. As a family member or caregiver, you can learn about mental illness, treatment, and recovery from peer educators who have extensive personal experience. Recovering adults can learn essential skills for solving problems and coping with symptoms. NAMI Mercer hosts monthly public education meetings and workshops in which experts in the field present the latest research, and mental health advocates inform people about important policy issues.

NAMI Mercer holds an annual “Harvest of Hope” wellness conference each October. Our resource lending library, specializing in books on mental illness and recovery topics, is available for NAMI Mercer members.

## Mutual Support

NAMI Mercer brings you together with others who face mental illness. We provide a weekday Helpline to offer support and resources for any callers. Peer support groups are available for individuals or family members who are affected by mental illness. Join one of NAMI Mercer’s three social groups to make friends and enjoy activities that support wellness. We can also connect you and your family with free professional support through our special partnership with Intensive Family Support Services.

## Outreach and Advocacy

NAMI Mercer is dedicated to improving the lives and fostering the dignity of all Mercer County individuals and families affected by mental illness, regardless of age, sex, ethnicity, sexual orientation or socio-economic status. We have a strong commitment to reaching low-income and minority individuals and families in our community. Through education and awareness programs in schools, congregations, businesses, and other organizations, NAMI fights stigma, myths and fears about mental illness and fosters understanding and respect.

NAMI Mercer advocates for local, state and national policies that promote optimal conditions for recovery. Local initiatives include monitoring state psychiatric hospitals, legislative advocacy, decriminalization of mental illness, crisis intervention training for law enforcement personnel, and monitoring of treatment transitions.

## We Offer Hope

**NAMI Mercer believes in recovery. Many of our members and volunteers are courageous survivors of mental illness who lead satisfying and productive lives. All of NAMI Mercer’s programs and activities reflect our positive, recovery-oriented philosophy.**

## Programs and Services

- **Helpline:** a telephone support, information and referral service staffed by empathetic, trained volunteers.
- **Family-to-Family:** a 12-week course for family members of adults with mental illness.
- **NAMI Basics:** a 6-class course on the fundamentals of caring for yourself and your child with behavioral challenges.
- **In Our Own Voice:** an interactive multimedia presentation by consumers that offers hope and combats stigma.
- **NAMI Connection:** a peer-led recovery support group for people with mental illness.
- **Wellness and Recovery Action Plan (WRAP):** an 8-session class for consumers to create a recovery plan.
- **Just Friends, Becoming Friends & Just Kids:** social groups run by peers and volunteers.
- **Intensive Family Support Services (IFSS):** support groups and individual counseling provided by professionals for family members of adults with mental illness (in collaboration with Greater Trenton Behavioral HealthCare).
- **Education Programs:** monthly public education meetings and Harvest of Hope conference.