

## Make an Impact

Your membership in NAMI Montgomery County PA enables us to provide programs to improve the lives of those impacted by mental health. We provide a presence in the mental health system through:

- Community Meetings
- Awareness Events
- Legislative Advocacy
- Community Partnerships

More importantly, your membership strengthens our effectiveness to positively impact the lives of those touched by mental health.



## Membership Benefits

- Membership in all NAMI Levels: National, State, and Montgomery County, PA.
- Opportunities to make a difference through email Call-to-Action alerts.
- Annual Membership & Awards Dinner.
- Informative publications from NAMI and NAMI Keystone Pennsylvania.



**“Volunteering with NAMI MONTCO helps me heal. I feel part of something bigger than me.”**

-Sarah, NAMI Volunteer

**“It is nice to know I am not alone. Because of *Family-to-Family*, I now know how to talk to my son in a better way. Communication is a big part of supporting a loved one with mental illness.”**

- Family-to-Family Participant



NAMIMontCoPA



nami\_montco\_pa



FIND HELP. FIND HOPE.



National Alliance on Mental Illness

**Montgomery  
County PA**



**100 West Main Street  
Suite 204  
Lansdale, PA 19446**

**Phone: 215-361-7784  
office@namimontcopa.org  
www.namimontcopa.org**

## About Us

NAMI Montgomery County PA is the local affiliate of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots organization dedicated to improving the quality of life for all individuals and families whose lives are impacted by mental illness.

Our mission is to provide education, support, and advocacy to those living with and impacted by mental illness.

Our staff and volunteers are steadfast in providing support to help individuals navigate the complex mental health system, access services, and provide information on where to turn for help. We offer the kind of understanding and care that only those who have lived the experience of mental illness can provide.



**All of the programs provided by our affiliate are free of charge and open to the public.**

# EDUCATE

## Family-to-Family

An 8 week course for families, caregivers, and friends of adults with mental illness.

## In Our Own Voice

An impactful presentation where speakers share compelling personal stories about living with mental illness and achieving recovery.



## Ending the Silence

An evidenced-based presentation for youth (14-18) to help them identify warning signs of a mental health condition, treatments, suicide prevention, local resources, and stigma!



A 6 week education program specifically for parents and other family caregivers of children and adolescents experiencing mental health challenges.

## Peer-to-Peer

An 8 session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

# ADVOCATE



**Call-To-Action** alerts on policies, initiatives and legislation that impact the mental health community. Be a part of the change!



An annual Mental Health Awareness Walk to stop stigma and celebrates living well with mental illness.

## Bits & Bytes

Stay current with all things NAMI Montgomery County PA! Sign up for our weekly announcements on the website!



# SUPPORT

## HelpLine

Provides callers with support, information, and referrals to community resources. Available Monday—Friday from 9 AM—3 PM.

# 215-361-7784

## SUPPORT GROUPS

Offer a relaxed atmosphere for sharing the challenges and successes of coping with mental illness. The groups are confidential and facilitated by NAMI-trained individuals who are either in recovery or have a loved one with a mental illness.

## Family Support Group

For family members, caregivers, and friends who have a loved one with a mental illness.



For adults living with mental illness.

For a complete listing of support groups and events, visit our website.  
[www.namimontcopa.org](http://www.namimontcopa.org)

# JOIN

**Online at:**

[www.namimontcopa.org/join/](http://www.namimontcopa.org/join/)

## Membership Form

- |                                                   |         |
|---------------------------------------------------|---------|
| <input type="checkbox"/> Household Membership     | \$60.00 |
| <input type="checkbox"/> Individual Membership    | \$40.00 |
| <input type="checkbox"/> Open Door/Limited Income | \$ 5.00 |

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

- ☐ Please accept my gift to help reach more families and individuals living with mental illness. Your gift is Tax Deductible. \$ \_\_\_\_\_

**Make check payable to and return form to:**

NAMI Montgomery County PA  
100 W. Main Street, Suite 204  
Lansdale, PA 19446

**1 in 5** Americans  
live with a mental health  
condition. **Your support** can  
make a difference.