



Who we are

NAMI, the National Alliance on Mental Illness, is the nation's foremost grassroots mental health organization. Founded in 1979, NAMI is active in all 50 states, with over 1100 chapters. NAMI is dedicated to improving the lives of those with mental illness and their families. Our mission is one of advocacy, education, research and support.

NAMI Barrington Area is one of several NAMI affiliates in the Chicago suburbs. We are an all-volunteer, non-profit organization dedicated to offering help and hope to people affected by mental illness.

We offer programs and services primarily for those living in the northwest suburbs, but we welcome everyone, regardless of where they live or work.

847-496-1415

www.namibarringtonarea.org

Did you know?

- **Mental illnesses are biologically based brain disorders.** They cannot be overcome through willpower and they are not related to a person's character or intelligence.¹
- **Mental disorders are common in the United States and internationally.** An estimated 26.2 percent of Americans ages 18 and older –about one in four– suffer from a diagnosable mental disorder in a given year.²
- **Mental disorders are the leading cause of disability** in the U.S. and Canada for ages 15-44.²
- **Even though mental disorders are widespread in the population,** the main burden of illness is concentrated in a much smaller proportion –about 6 percent, or one in 17– who suffer from a serious mental illness.²
- **The best treatments for mental illnesses today are highly effective.** Between 70% and 90% of individuals who receive a combination of pharmacological and psychosocial treatments and support see a significant reduction of symptoms and an improved quality of life.¹
- **Without treatment the consequences of mental illness** are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives. The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.¹
- **Mental illnesses usually strike individuals in the prime of their lives,** often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.¹
- **Although over 20% of children and adolescents** in the U.S. experience a diagnosable mental health problem,³ 75 - 80% in need of treatment do not receive it.⁴ Perhaps as a result, suicide is the third leading cause of death for adolescents and young adults.³
- **Stigma erodes confidence that mental disorders are real, treatable health conditions.** We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.¹

Sources: ¹NAMI National. ²National Institute of Mental Health (NIMH). ³The Surgeon General in a 2003 report. ⁴American Journal of Psychiatry. Printed 11-09

You are not alone

Help and hope for people with mental illness and their families



National Alliance on Mental Illness

The Nation's Voice on Mental Illness

Barrington Area Affiliate 847-496-1415

E-mail namiba@namibarringtonarea.org

PO Box 474, Barrington, IL 60010

www.namibarringtonarea.org

Are you or someone you love affected by mental illness? NAMI can offer you help and hope.

Our support groups, classes and outreach activities are offered free of charge and provide friendship and understanding in a caring and sharing atmosphere. Sometimes talking to others who are facing similar challenges can help you develop valuable insight, knowledge and coping skills.

SUPPORT

When you are in a crisis, you need people who understand, sympathize, and can offer practical ideas on where to turn. Our support groups are designed for people living with mental illness, their families and caring friends. They meet at several locations in the northwest suburbs. There is no charge to attend and pre-registration is not required.

EDUCATION

When a brain disorder surfaces, most people have no idea of what is happening or where to turn for help. NAMI classes offer insight, knowledge and coping skills. Each program is free, but registration is required.

Family to Family is a 12-week course for family members, partners and friends of adults and teens with serious mental illness. The classes are facilitated by NAMI representatives who have family members with mental illness and who have been trained on the NAMI national curriculum. Topics include the biology of brain disorders, information on medications and strategies for handling crisis and relapse. The class includes workshops on problem-solving, empathy, and communication.

Here are two comments from class participants:

“This course is a wonderful experience. It balances basic education and skill-training with emotional support, self care and empowerment.”

“The understanding, support and unconditional

acceptance addressed our painful feelings of isolation and identified what we could control, energizing us to move forward in life.”

In Our Own Voice is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. We offer these presentations to various community groups at no charge.

Workshops and special events are offered throughout the year. Guest speaker topics include such things as coping with a particular mental illness, dealing with insurance companies, and setting up trusts.

A free e-mail newsletter lists support groups, speakers, classes and social events in the northwest suburbs, as well as news and resources for those coping with a mental illness. Membership is not required to receive our monthly newsletter, nor will we share our subscriber list with any other group. Simply visit the NAMI Barrington Area website to subscribe.

ADVOCACY

NAMI is the nation's voice on mental illness. We promote quality care, affordable housing, adequate health insurance, effective rehabilitation, available job opportunities, as well as increased funding for education, research and services to end the stigma and discrimination associated with mental illness.

NAMI Barrington Area is a vital part of this extended network advocating change on the local, state and national levels.



Our legislative outreach is dedicated to securing funding and advocating legal reform, especially in the state legislature.

MEMBERSHIP

We invite you to join NAMI. The cost is \$35 (adult and spouse) or \$10 (for consumer). In the case of financial hardship, we have a limited number of open-door memberships available at a reduced fee.

Please note that no membership is required to participate in our classes, subscribe to our newsletter, or attend a support group, workshop or social function.

For a membership form, please visit our website and click “Membership” or give us a call.

**For more information call us
at 847-496-1415 or e-mail
namiba@namibarringtonarea.org**

NAMI Barrington Area
PO Box 474, Barrington, IL 60010
www.namibarringtonarea.org

