

Join NAMI or Donate Today

Joining NAMI provides membership at the local, state and national levels.

You can make a difference!

To become a member or make a donation, complete this form below and mail with check to:

NAMI Delaware & Morrow Counties
PO Box 601
Delaware, OH 43215

OR become a member/donate on our website:
www.namiofdel-mor.org

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

PHONE _____

EMAIL _____

By providing email you agree to receive electronic communications from NAMI.

CHOOSE THE MEMBERSHIP THAT FITS:

- ☐ \$40 INDIVIDUAL
- ☐ \$60 Household
- ☐ \$5 "OPEN DOOR" MEMBER

DONATE:

- ☐ \$25 DONATION
- ☐ \$50 DONATION
- ☐ \$100 DONATION
- ☐ OTHER DONATION

*Open door membership is available to those

Contact Us

Mail:

PO Box 601
Delaware, OH 43215

Office:

560 Sunbury Road
Suites 11 & 12
Delaware, OH 43215

(All support groups and programs are held here unless otherwise stated)

740-815-1767

info@namiofdel-mor.org

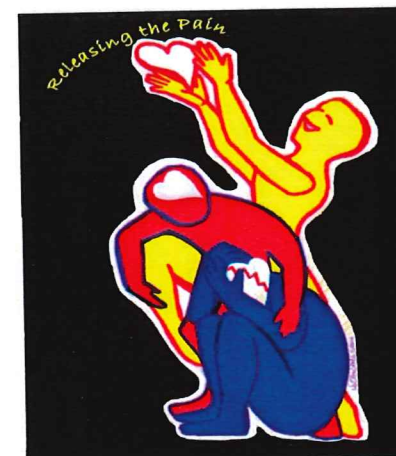
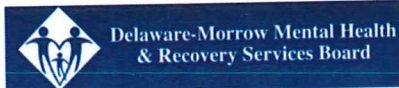
www.namiofdel-mor.org

Find us on 

&

 @NAMIOfDelMor

Funding



Our Mission

To improve the quality of life and ensure dignity and respect for persons with serious mental illness, and offer support to their families and close friends.

About NAMI

NAMI is a grassroots organization offering free classes and support groups to individuals with a mental illness and their families and friends, as well as advocating on behalf of those affected by mental illness.



About Mental Illness

Mental illnesses are medical conditions that disrupt thinking, feeling, mood, ability to relate to others, and daily functioning.

Three common diagnoses are:

- Major depression
- Schizophrenia
- Bipolar disorder

Others include panic disorder, post-traumatic stress disorder, and borderline personality disorder. These can affect any age, race, religion, or income. They are not the result of weakness, lack of character, or poor upbringing.

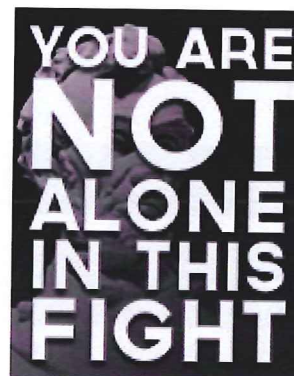
The good news: **Recovery is possible!** Most people with a mental illness get relief with appropriate treatment.

Our Messages

- Families are essential to recovery.
- Prejudice against mental illness has consequences for recovery.
- Education and support make a big difference in outcomes.
- Treatment works, and people do recover.
- NAMI is here to build awareness and offer support!

How NAMI Can Help

- Education about mental illness and recovery
- Education about navigating the system, coping skills, and more
- Support for individuals in recovery
- Support for families and friends affected by mental illness
- Advocating to end stigma and for better access to care
- Spreading hope and strength



Education and Support

NAMI offers these FREE programs:

FAMILY-TO-FAMILY: A 12-week education program specifically for family members and friends of adults who live with mental illness.

Call or email to register

PEER-TO-PEER: A 10-session course for adults living with mental health challenges. Call or email to register

BASICS: A 6-week course for parents or caregivers of children who developed symptoms of mental illness prior to age 13. Call or email to register

FAMILY SUPPORT GROUP: Ongoing support for family and friends of individuals who live with mental illness.

Meets 1st and 3rd Tuesday of each month, 6:30 pm to 8 pm at NAMI office

CONNECTION RECOVERY SUPPORT GROUP:

Ongoing recovery support group for those who live with mental illness.

Meets 2nd Thursday of each month, 11:30 am to 1:00 pm, at Maryhaven, 88 N. Sandusky St., Delaware, OH

Meets 4th Thursday of each month, 6 pm to 7:30 pm at NAMI office

ENDING THE SILENCE: A 50-minute presentation about mental health for middle and high school students. Call or email to schedule

For specific course dates, please visit our website.

"I thought my wife and I knew just about everything there is to know about the mental health system and the illness. Boy, were we wrong. Without a doubt, this is the best support course I have had the privilege of taking part in, bar none."

NAMI Family-to-Family Participant

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you

NAMI Family-to-Family Education Program

- Available in 49 states in the U.S. and in Canada, Italy and Mexico.
- Listed in the National Registry of Evidence-based Programs and Practices (NREPP).
- Available in some communities in Spanish as De Familia a Familia de NAMI.

To locate a class, visit nami.org/local and contact the NAMI Affiliate in your area.

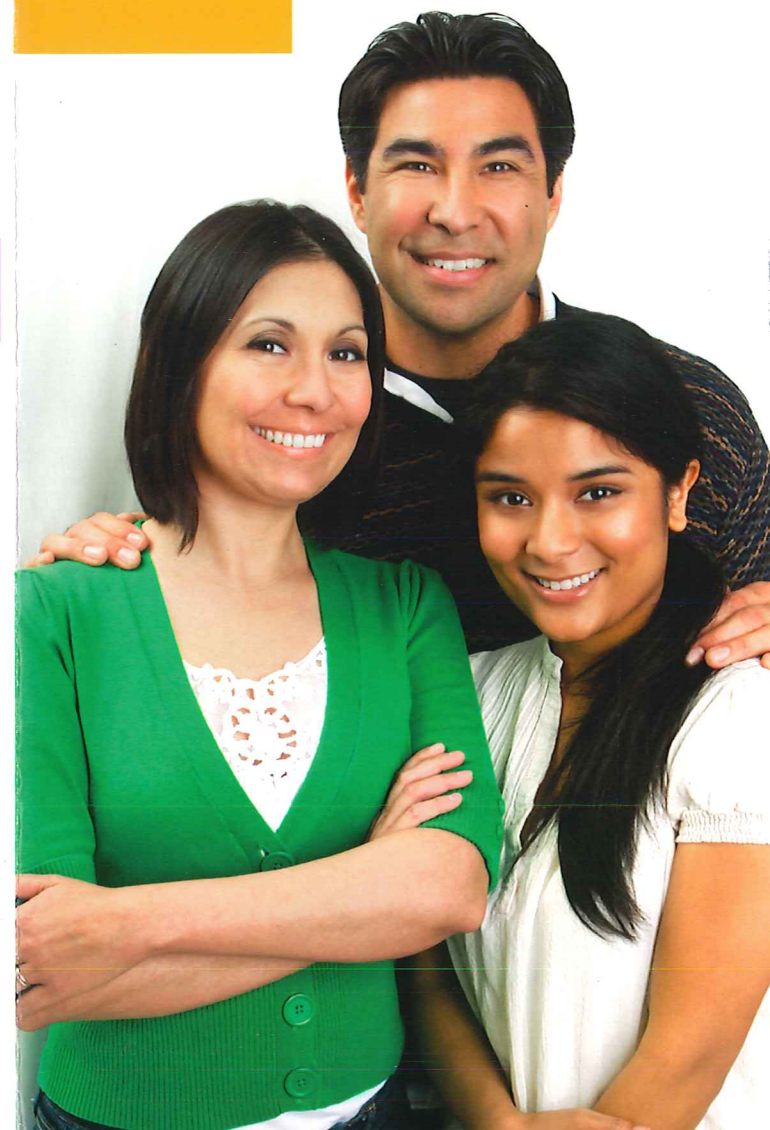
www.nami.org/f2f

NAMI Helpline:
800-950-NAMI or info@nami.org



Family-to-Family

A Free Peer Education Program



"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources I never knew existed."

NAMI Family-to-Family Participant

NAMI Family-to-Family

An education program specifically for family members and friends of adults who live with mental illness.

As a loved one of a person with mental illness, you face unique challenges: social stereotypes and stigma, complex family dynamics, unpredictable aspects of the illness. It can be overwhelming.

Our program helps you. NAMI Family-to-Family gives you information, crucial resources and access to a community of people who relate to your experiences.

You will learn from people like you who get it, who have been there. Trained peers will guide you to know how to better understand and support your loved one while maintaining your own and your family's well-being.



What should I know?

- Open to adult (18+) family members and friends of people who live with mental illness.
- Meets for 12 sessions.
- Free of cost to participants.
- Taught by trained family members of people living with mental illness.
- Includes presentations, interactive exercises and group discussions.

Why should I attend?

- Gain practical, up-to-date information about mental health conditions.
- Understand the latest treatment options including medications.
- Discover problem solving techniques, coping strategies and communication skills.
- Learn how to advocate for your family member through the mental health system.
- Find community support in a confidential setting.

"The most beneficial thing for me was knowing that I am not alone. I found NAMI Family Support Group at the time I really needed it!"

NAMI Family Support Group Participant

NAMI Family Support Group

- Available in 42 states in the U.S. and in Mexico.
- Available in some communities in Spanish as Grupo de Apoyo para Familiares de NAMI.

To locate a support group, visit www.nami.org/local and contact the NAMI Affiliate in your area.



Family Support Group

**A Free Peer-led
Support Program**

About NAMI

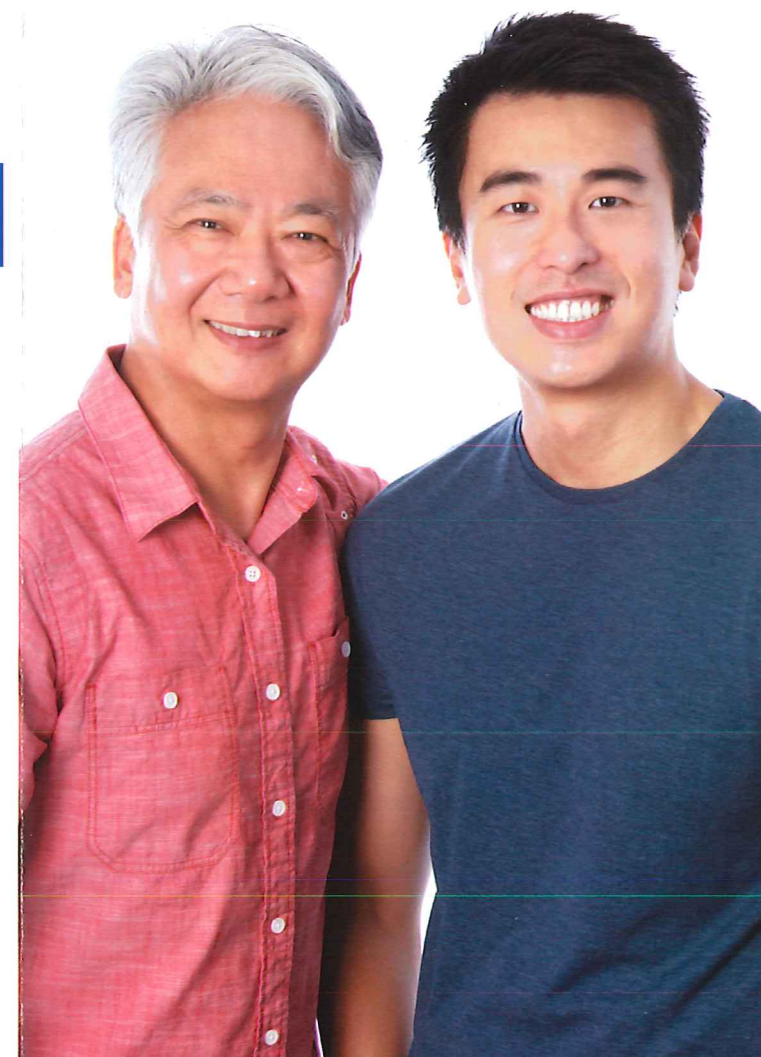
NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to

www.nami.org/fsg

NAMI HelpLine
800-950-NAMI or info@nami.org



"Before coming to the support group we had never spoken about mental illness to neighbors, friends and often not even to our relatives."

NAMI Family Support Group Participant



NAMI Family Support Group

A confidential support group for loved ones of individuals living with mental illness.

As a loved one of a person with mental illness, you face unique challenges: complex family dynamics, social isolation and often unpredictable aspects of the illness. It can be overwhelming.

Through NAMI Family Support Group you can find hope and support by connecting with others who face similar challenges.

You will gain support from peers who understand your experience as well as insight into the challenges and successes of others.

What should I know?

- Open to adults with loved ones who live with mental illness.
- Free of cost to participants.
- Meets 60 or 90 minutes weekly or monthly.
- Led by trained family members of individuals living with mental illness.
- No specific medical therapy or medication is endorsed or recommended.

Why should I attend?

- Be part of a community and experience a sense of belonging.
- Improve coping skills and discover your inner strength.
- Find hope in knowing that you are not alone.
- Learn from the collective knowledge and experience of other participants.
- Gain support in a confidential setting.

"I don't know where I'd be without NAMI Connection; it literally saved my life. I'm so grateful for my group and now I just want to share this program with everyone living with a mental illness"

NAMI Connection Participant

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey toward wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to your communities every day. We invite you to join our movement to ensure better lives for everyone.

NAMI Connection

- Available in 47 states in the U.S.
- Available in some communities in Spanish as NAMI Conexión

To locate a support group, visit www.nami.org/local and contact the NAMI Affiliate in your area.

www.nami.org/connection

NAMI HelpLine
800-950-NAMI or info@nami.org



Connection

**A Free Peer-led
Support Program**



"One of the many things we share in our groups is hope. Hope can be contagious in a NAMI Connection group setting. Another thing I treasure sharing in NAMI Connection groups is our strength. We lift one another up week to week."

NAMI Connection Participant

NAMI Connection

A confidential and safe support group for adults living with mental health conditions.

As someone living with a mental health condition, you may face unique challenges: social stereotypes and misunderstanding, complex family dynamics, changing medical developments. It can be overwhelming.

Our program can help you. NAMI Connection provides a safe, accepting and confidential setting with access to a community of people who relate to your experiences.

You will gain support from people like you who get it, who have been there. Trained facilitators will guide you in learning to empower yourself in a place that offers respect, understanding, encouragement and hope.



What should I know?

- Open to all adults living with mental health conditions, regardless of diagnosis
- Meets weekly for 90 minutes
- Free of cost to participants
- Led by people who successfully manage their own recovery
- No specific medical therapy or medication is endorsed or recommended

Why should I attend?

- Find community support in a confidential setting
- Discover your own inner strength
- Express yourself in a setting free of judgment
- Find hope in knowing you are not alone

"This is a great step-by-step program that walks parents every step of the way. It is as if you are holding their hand through it all."

NAMI Basics Participant

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

NAMI Basics Education Program

- Available in 40 states in the U.S.
- Available in some communities in Spanish as Bases y Fundamentos de NAMI.

To locate a class, visit nami.org/local and contact the NAMI Affiliate in your area.

www.nami.org/basics

NAMI Helpline:
800-950-NAMI or info@nami.org



Basics

A Free Peer Education Program



*"This class was unexpectedly wonderful!
I did not expect to learn so very, very
much! It covers so much more than basics
that the title doesn't do it justice."*

NAMI Basics Participant

NAMI Basics Education Program

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

As a caregiver of a child or adolescent with a mental health condition you face unique challenges: social stigma, complex family dynamics, navigating the school system, unpredictable aspects of these conditions. It can be overwhelming.

NAMI Basics provides you with skills, knowledge and a community of people who can relate to your experience.

You will learn from people like you, who get it, who have been there. Trained peers will guide you on how to better understand and support your child while maintaining your own well-being.



What should I know?

- Open to parents and family caregivers of people younger than 22 who are experiencing mental health challenges.
- Meets for six sessions.
- Free of cost to participants.
- Taught by trained family members whose children experience mental health challenges.
- No specific medical therapy or medication is endorsed or recommended.

Why should I attend?

- Find a community of support.
- Gain practical up-to-date information about mental health challenges.
- Learn how to effectively advocate for your child with the school and mental health systems.
- Develop problem solving and communication skills.

"It is amazing what just one day, one talk can do. You never really know what's going on in the brain of any particular student."

Teacher

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.



NAMI Ending the Silence

Available in more than 25 states in the U.S.

To schedule a presentation, visit nami.org/local and contact the NAMI Affiliate in your area.

 Printed on Recycled Paper

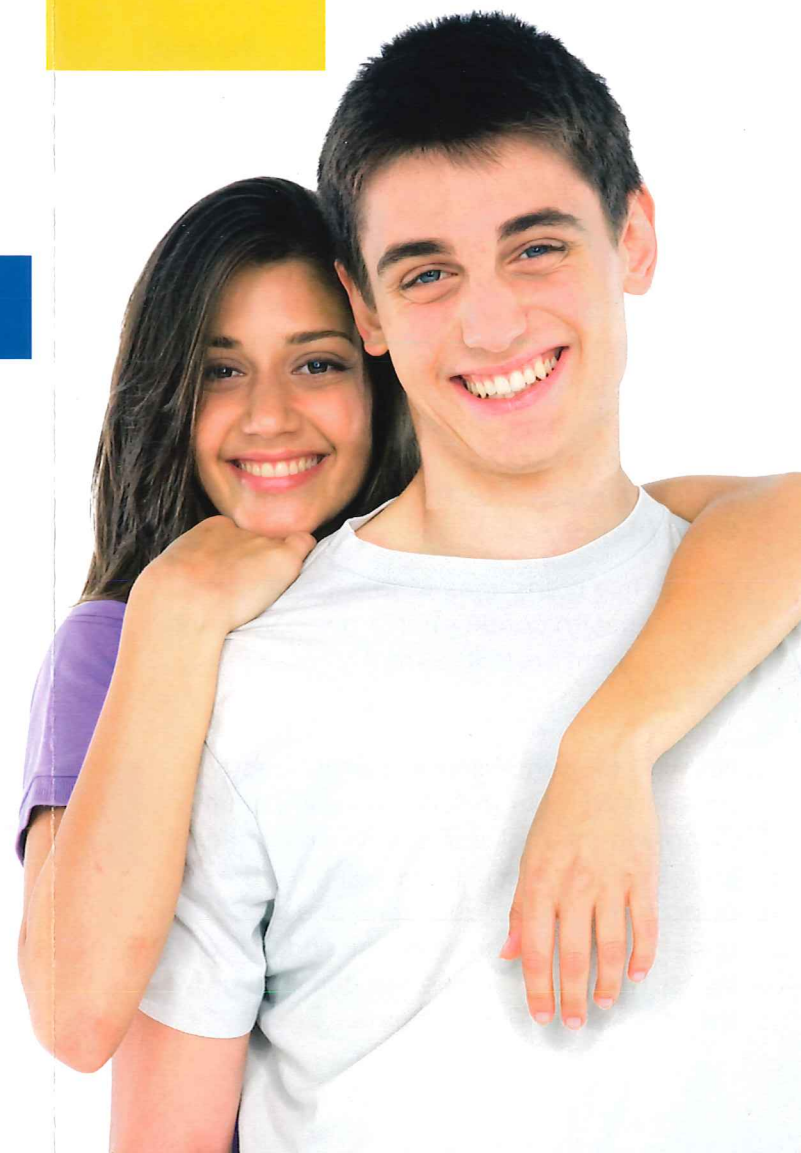
www.nami.org/ets

NAMI HelpLine
800-950-NAMI or info@nami.org



Ending the Silence

**A Mental Health Awareness
Program for Youth**



"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. But, now I'm sure they would be more supportive of me."

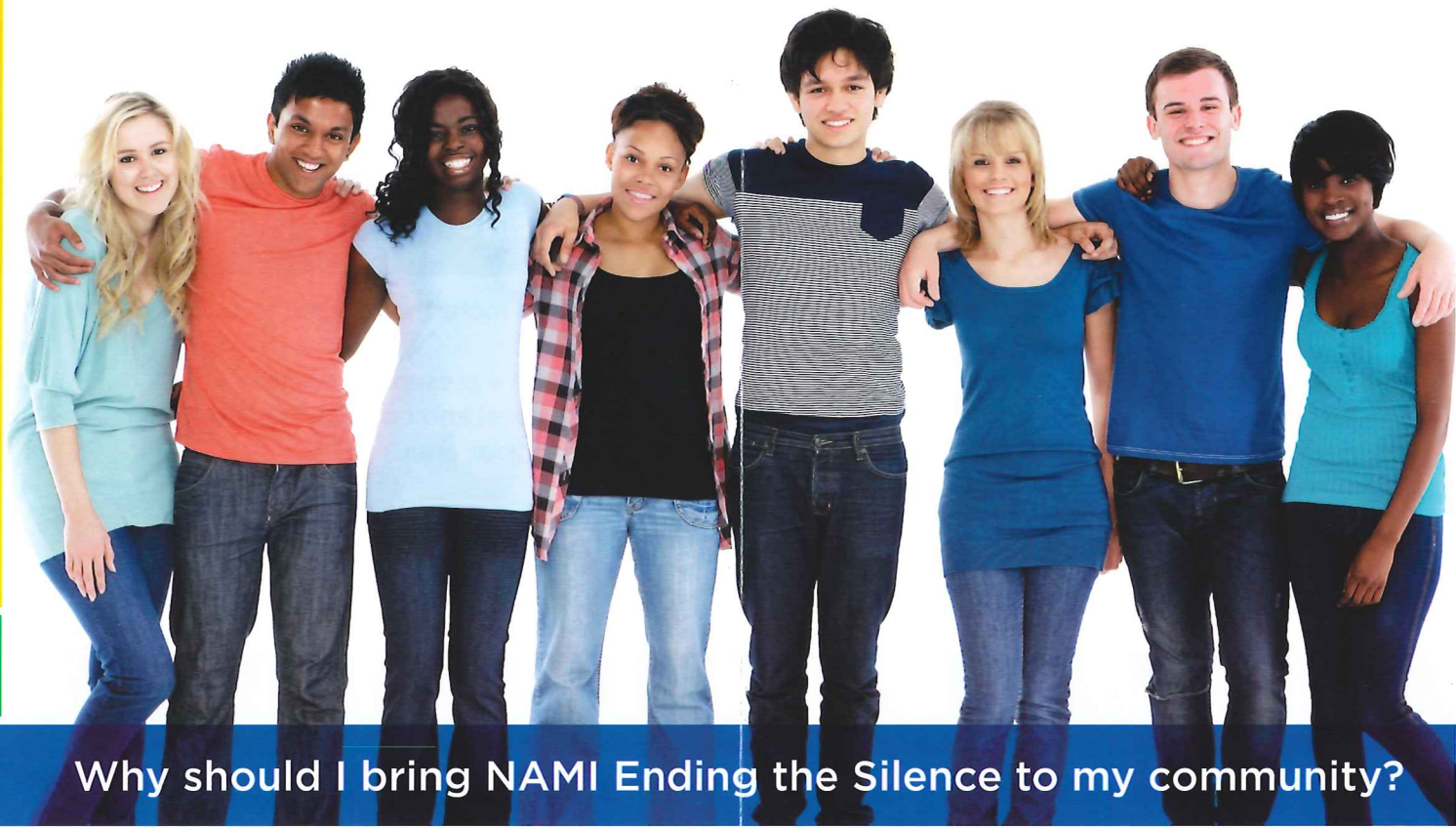
Student

NAMI Ending the Silence

An interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends.

One in five teens ages 13-18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment.

NAMI Ending the Silence is an interactive presentation that includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.



Why should I bring NAMI Ending the Silence to my community?

- Currently, about 50% of youth ages 14 and older with a mental health condition will drop out of school.
- Suicide is the second leading cause of death for 15-24 year olds.
- About half of individuals with a mental health condition began experiencing symptoms by age 14.
- The average delay between onset of symptoms and receiving treatment is 8-10 years.
- Treatment works! With early identification and intervention there is hope.

What should I know?

- Engaging, 50-minute presentation designed for middle and high school age youth.
- Teens will learn early warning signs and what steps they can take to help themselves or a friend.
- Free of cost to schools, youth and communities.
- Presented by a young adult who experienced a mental health condition during their school years as well as a family member of an individual who experienced mental health challenges in school.



**Delaware-Morrow Mental Health
& Recovery Services Board**

(740) 368-1740

www.dmmhrsb.org

NETWORK OF SERVICE PROVIDERS

Del-Mor Dwellings Corporation

Affordable Housing for Persons with Disabilities
www.delmordwellings.org

30 North Franklin Street, Delaware, OH 43015
(740) 363-5562

HelpLine

*24-hour Crisis Hotline/Information and Referral/
Prevention Services*
www.helplinedelmor.org

11 North Franklin Street, Delaware, OH 43015
Dial 2-1-1 OR (740) 369-3316 OR (800) 684-2324

950 Meadow Drive, Suite B, Mt. Gilead, OH 43338
(419) 947-2520

Text Message Service: TEXT helpline to 898211

Maryhaven

*Substance Abuse Education/Prevention/ Treatment
and Mental Health Treatment Services for
Adolescents and Adults*
www.maryhaven.com

88 North Sandusky Street, Delaware, OH 43015
(740) 203-3800

245 Neal Ave., Mt. Gilead, OH 43338
(419) 946-6734

Recovery & Prevention Resources

*Substance Abuse Education/Prevention/ Treatment
and Mental Health Treatment services for
Adolescents and Adults*
www.rprdm.org

118 Stover Drive, Delaware, OH 43015
(740) 369-6811

950 Meadow Drive, Suite C, Mt. Gilead, OH 43338
(419) 947-4055

NETWORK OF SERVICE PROVIDERS

Safe Harbor Peer Support Services

Consumer Operated and Peer Support Services
www.shpss.org

Annie's Outreach Center
325 South Sandusky Street, Delaware, OH 4301
(740) 363-1619

No Limits Outreach Center
4046 Township Road 246, Edison, OH 43320
(419) 946-5900

Southeast Healthcare Services

*Comprehensive Mental Health/
Substance Abuse Services for Adults*
southeastinc.com

Center of Vocational Alternatives (COVA)

Vocational and Rehabilitation Services
www.cova.org

824 Bowtown Road, Delaware, OH 43015
(740) 695-7795

950 Meadow Drive, Suite A, Mt. Gilead, OH 43338
(419) 949-2000

Syntero

*Comprehensive Mental Health/
Substance Abuse/ Prevention Services for Children,
Adolescents and Families*
www.syntero.org

7100 Graphics Way, Lewis Center, OH 43035
(614) 889-5722

Turning Point

*Shelter and Support Services for
Victims of Domestic Abuse and Violence*
www.turningpoint6.com

(740) 382-8988
(800) 232-6505