

JOIN

What are the benefits of a NAMI membership?

All NAMI members receive the benefits of membership at all three levels of the organization, including:

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 - Membership in the local affiliate, state organization and NAMI national organization.
 - Being part of the national effort to support those affected by mental illness and fight stigma.
 - Eligibility to vote in all NAMI elections.
 - A subscription to *The Advocate*, NAMI's quarterly magazine, as well as our newsletter, *The Messenger*, NAMI-Western Massachusetts voice on mental health.
 - Membership discounts from NAMI National on brochures, videos, promotional items, and registration at NAMI's annual convention as well as many state and local conferences.
- (see nami.org/Membership for more information)

- Annual Membership Dues: \$40.00
- Open Door Membership: \$5.00
- Household (living at one address): \$60.00
- Additional Donation: _____

Make Checks Payable to NAMI-WM

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____



NAMI Western Massachusetts
Annual Iris Project

"As for me, you must know I shouldn't precisely have chosen madness if there had been any choice. What consoles me is that I am beginning to consider madness as an illness like any other, and I accept it as such".

~ Vincent van Gogh

◆ Stop the Stigma ◆

OUR MISSION

NAMI Western Massachusetts is dedicated to helping improve the quality of life for individuals and families affected by mental illness through support, education and advocacy.

DONATE

With your help, NAMI can continue its work as America's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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NAMI Western Massachusetts

As Always

THANK YOU FOR YOUR SUPPORT!

Open Your Mind

1 in 5 people are affected with mental health conditions.



Talk to Someone Who Understands

NAMI Western Massachusetts

324A Springfield Street, Agawam MA 01001
413 • 786 • 9139

Toll Free: 800 • 295 • 2121

email: information@namiwm.org

namiwm.org

Monday - Friday 8:30 a.m. - 3:00 p.m.

What is NAMI Western Massachusetts (NAMI-WM)?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for individuals living with mental illness and their loved ones. NAMI Western Massachusetts is one of 17 affiliates in Massachusetts. We serve Hampden, Hampshire and Franklin counties.

What does NAMI-WM do?

We are a non-profit organization along with our dedicated volunteer members and leaders that work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our Western Massachusetts community living with mental illness and their loved ones. All programs are offered at no cost to the public. We also have a volunteer program where members work in our office, participate in special events and other activities. Our office is open Monday - Friday from 8:30 a.m. - 3:00 p.m. and has a lending library and other resources.

Who can join NAMI-WM as a member?

Anyone can join NAMI as a member and supporter. With 1 in 5 people affected with a mental health condition we welcome everyone to join and participate in our organization. Peers, consumers, family members, professionals and community members are all current members.

How much do the support groups and other NAMI programs cost?

All of our programs and services are offered at no cost to the public.

Mental Health is Essential to Good Health

NAMI Western Massachusetts Programs

All programs are presented by NAMI-trained volunteers at no cost to the public. Please call for a schedule of our weekly groups and events, to set up a presentation or visit our website namiwm.org for more information.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

NAMI Connection Recovery Support Group

is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

NAMI Family Support Group

is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI In Our Own Voice

presentations change attitudes, assumptions and ideas about people with mental health conditions. These free, 40-, 60- or 90-minute presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

NAMI Family-to-Family

is a free, 12-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. It is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

OTHER PROGRAMS AVAILABLE IN MASSACHUSETTS

NAMI Basics (Basics on Demand) NAMI Basics on Demand
NAMI Homefront offered online [NAMI Homefront](#)
NAMI Peer-to-Peer
Allies for Student Mental Health
CEOs Against Stigma
Criminal Justice Diversion Project

ADVOCACY

Individuals and families that need assistance navigating through the mental health system can obtain help from the NAMI-WM office. We provide information, referrals and support.

ANNUAL EVENTS

Each year our affiliate sponsors annual fundraising events that include our Iris Project, Golf Tournament, Walkathon and more. All are encouraged to participate, as the funds we receive help keep our office operating to serve your community.

VOLUNTEERS

We have many different volunteer opportunities available; in our office, event planning, fundraising and more. We offer orientation, training and supervision. Internships are also available. Call or stop by to help support your community.



NAMI Western Massachusetts is "Building Better Lives"

Please Donate Today

To make a tax deductible donation, major gift, honorarium or memorial, make checks payable to NAMI Western Massachusetts (NAMI-WM) visit our website or contact us.

Thank you for your contribution.



Need Help?

Call: 413•786•9139

or

(Toll Free) 800•295•2121
email: information@namiwm.org
or visit: namiwm.org