

Quarterly Newsletter - December 1, 2022



OUR MISSION

To support and improve the quality of life for family members and those living with mental illnesses and co-occurring substance abuse through compassion, education, and advocacy.

YOU'RE INVITED

Annual General Membership & Volunteer Appreciation Meeting





NAMI Jacksonville invites you to join a local advocacy group that focuses on promoting mental health through community action.

> Email for More Information



Suzanne Mailloux, NAMI Jacksonville's Executive Director, travelled to Washington, D.C., along with other NAMI Executive Directors across the country, for Hill Day at our Nation's Capital.

CLASSES FORMING NOW

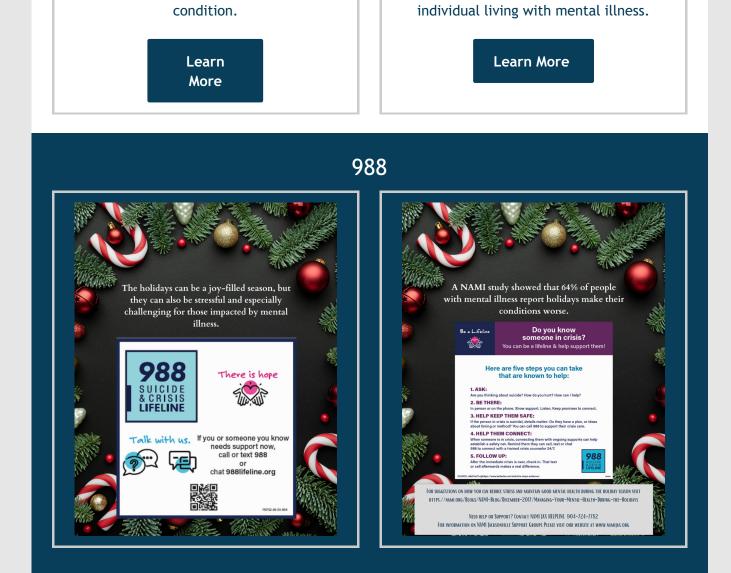
Family-to-Family Class

Peer-to-Peer Class



A FREE peer-led support group for individuals experiencing a mental health

A FREE peer-led support group for family members and caregivers of an



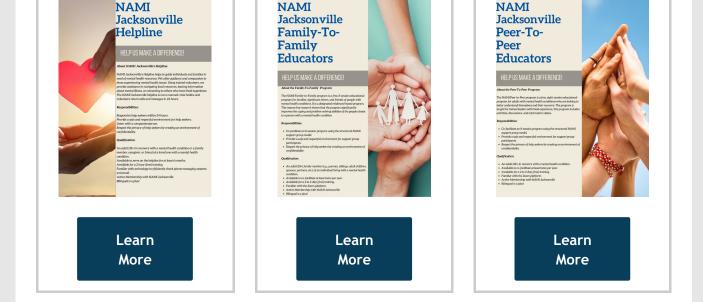
988 is the national three-digit dialing code for the National Suicide Prevention Lifeline, replacing the phone number of 1-800-283-TALK (8255).

NAMI is committed to advancing efforts to reimagine crisis response in our country. We believe that every person in crisis, and their families, should receive a humane response that treats them with dignity and connects them to appropriate and timely care.

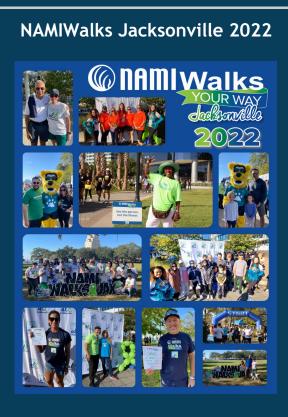


VOLUNTEER OPPORTUNITIES AVAILABLE





NAMI JACKSONVILLE IN THE COMMUNITY



Our 3rd annual NAMIWalks Jacksonville was a roaring success, thanks to our many sponsors, volunteers, participants, local students, and special guests! We could not have done it without you!



Thank you to Riverpoint Behavioral Health and the Jacksonville Icemen for hosting NAMI Jacksonville on November 11th for Mental Health Night!

AROUND FLORIDA

Family to Family Class in St. Augustine -Offered by NAMI Volusia/Flagler/St. Johns

NAMI Florida Conference

MAMI Family-to-Family

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI family-to-Family provides information about anxiety, depressive disorders, shickophreina, bipolar disorder and to ther mental health conditions. Other topics covered include communication, problem solving, treatment and recovery. The course is designed to increase understanding and advoccard skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit <u>tamin ord/researce</u>.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants. To be held **Saturdays from January 21 – February 11, 2023 in St. Augustine**. For more information and to register, please contact the instructors at 352-246-9519 or cabrabjr@att.net.



"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

Participant Perspectives

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

us to register for a NAMI Family-to-Family class!

National Alliance on Mental Illness

NAMI Volusia/Flagler/St.Johns PO Box 3374 St. Augustine, FL 32085 904-827-7404 support@namivfsj.org http://www.namivfsj.org About NAMI WAW, the National Alliance on Mental Illness, is the nation's liquest grassroots mental health organization dedicated to building better lives for the millions of Americana affected by mental Illness. NAMO Volusi/Tagle/PC Julion's an affiliate of volumeer members and leaders work threlength or table womeness and provide essential education, advocasy and support group programs for people in our community with mental health conditions and their lowed ones.

Anyone interested should contact <u>cabrabjr@att.net</u> or 352-246-9519.

Email for More Info

NAMI Florida Annual Conference

In September, NAMI Florida hosted their first in-person annual conference since 2019. We were excited to attend the event, meet and collaborate with other local affiliates, and attend workshops to learn new perspectives.



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HOW CAN I GET INVOLVED?

Training New Program Leaders

NAMI Jacksonville hosts training for those interested in becoming a program instructor or facilitator.

If you'd like to train in one of NAMI's signature programs, please contact us to see how you can volunteer to help break down the stigma of mental illness!

> Learn More

NAMI Membership

We have three annual membership rates:

- Household \$60
- Individual \$40
- Open Door \$5

Membership includes the NAMI Advocate magazine, online access to memberonly content, and a discounted rate to attend NAMICON.

> Become a Member

Volunteers Needed

If you are looking for a rewarding and fun way to support the mission and work of NAMI Jacksonville, we invite you to volunteer with us!

Please click the link below to learn more about volunteer opportunities.

How Can I Help?

A Special Thank You

To our Donors who continually support the mission and programs of NAMI Jacksonville. We would not be able to serve without your generosity.

DONATE TO NAMI JACKSONVILLE

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YOUR CONTRIBUTION ALLOWS US TO CONTINUE THE LIFE-Changing Educational and Support Programs we provide to our community.

YOUR DONATION IS 100% TAX-DEDUCATIBLE, MAKES OUR WORK POSSIBLE, AND IS GREATLY APPRECIATED!

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