

Confused
Afraid
Alone



Meet NAMI Tennessee

NAMI Tennessee
NATIONAL ALLIANCE ON MENTAL ILLNESS
Veterans' Council

What is Mental Illness?

Mental illnesses are brain disorders that cause severe disturbances in thinking, feeling and behavior. Anyone can be affected by mental illness regardless of race, age, gender or intelligence.

Depression is a very common illness. We all experience ups and downs, but a person with clinical depression feels so sad that he or she finds it hard to function at work, at school or in relationships.

Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that can occur after a traumatic event that caused intense fear, helplessness, or horror. People with PTSD continually re-experience the traumatic event; avoid individuals, thoughts, or situations associated with the event; and have very intense emotional reactions.

Generalized Anxiety Disorder (GAD) involves 6 months or more of intense worry that is unfounded or more intense than the situation calls for. Symptoms also include inability to relax, insomnia, fatigue, trembling, headaches and irritability.

Bipolar Disorder is a chemical imbalance in the brain that causes a person to cycle between periods of frenetic activity and deep depression.

Treatment Works! During recent years we've learned a great deal about medications and therapy that relieve the symptoms and suffering of mental illness. If someone you love has a mental illness, treatment can help.

And so can **NAMI**.

NAMI Tennessee is the state's advocacy and self-help education organization for the families of people who have severe mental illness. We accomplish our mission by doing the following things:

- Help concerned families and friends start local support and advocacy groups.
- Educate the public to dispel the myths and overcome the stigma associated with mental illness.
- Promote a range of support services in the community, including housing, income maintenance, social networks, low-stress employment and training, medical and rehabilitation services and assertive case management.
- Promote research into the physiological, neurological, biochemical and genetic aspects of severe and persistent mental illness that could point to causes, treatment and prevention.

Finding resources can be very confusing and you might feel alone, overwhelmed or even angry.

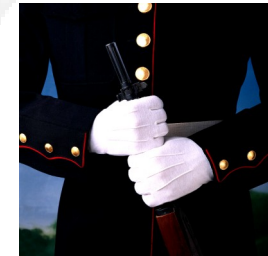
Call our Help Line: (800)467-3589
(Monday through Friday 9-5 CST).

Help. Hope. Healing.

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1101 Kermit Drive, Suite 605
Nashville, TN 37217
www.namitn.org

Offering Hope to Veterans and their families



That's why there's **NAMI**.

NAMI

NAMI

NAMI

**You're Not Alone.
Call Today.**

**(615) 361-6608
(800) 467-3589**

**and visit www.nami.org
Veterans' Resource
Center**

NAMI is supported in part by a grant from the Tennessee Department of Mental Health and Developmental Disabilities. NAMI Tennessee, the state chapter of the National Alliance of Mental Illness, with more than 220,000 members and affiliate groups in all 50 states, NAMI is the largest organization in the US dedicated to improving the lives of persons affected by serious mental illness.

GivingMatters.com

Member, Community Shares and Giving Matters.



NAMI Tennessee Veterans' Council

Mission: The NAMI Tennessee Veterans' Council advocates for early and effective mental health care to support recovery and community integration of veterans, service members and their families.

We accomplish our mission by doing the following things:

- Serve as a link between military and civilian mental health agencies to communicate needs and opportunities
- Provide programs for the military community to support and increase awareness on mental illness
- Advocate for timely, cost effective access to mental health care for veterans and their families
- Promote effective peer to peer intervention for service members, veterans and their families
- Collaborate with military and civilian organizations to focus existing programs on emerging needs



NAMI programs and support groups are free and confidential. To find one near you, visit www.namitn.org or call Carol Roy, NAMI TN's Veteran Liaison, at (877)740-7002.



For You and Your Family

NAMI Tennessee offers service members, veterans and their families programs designed to unite civilian and military mental health agencies. Our programs provide an outlet to share first-hand experience with the day-to-day challenges of mental illness and recovery.

Battle Buddies: Connects veteran mentors with service members and military families to help them deal with the trauma of military service. A "Battle Buddies" presentation will raise awareness of mental illness for Veterans' Service Organizations (VSO) and encourage them to continually reach out to veterans and their families, especially those serving in the present war. Each VSO will address the unique needs of warriors in their community and partner with a local NAMI group for support.

In Our Own Voice (IOOV): Persons with serious mental illnesses cope with dignity and meaning. Who better to talk about having a mental illness than those in recovery? In a training from NAMI TN, a team of two people share their personal testimonies about their successes, hopes and dreams. Helping one person at a time, breaking the stigma of mental illness.

With Hope in Mind (WHM): Classes and support groups for family members and friends of adults living with mental illness. Classes cover the biology of mental illness; communication, crisis planning, understanding medication and treatment, coping and self-care skills.

With Hope in Mind: Beginnings (WHMB) and NAMI Basics: Classes and support groups for primary care providers of children (under 18) struggling with emotional or behavioral disorders such as ADHD, Anxiety, Depression, Bipolar, Oppositional Defiant Disorder and more.

Lend Your Support. Join Us!

Join with NAMI members nationwide to make your concern felt in Nashville and in Washington when lawmakers debate issues related to mental illness. As members, you and your family will receive newsletters that keep you up to date on developments affecting Tennesseans with mental illness, along with *The Advocate*, NAMI's national magazine.

Fill out this form, or join
online at www.namitn.org

Name

Address

City, State, Zip Code

Phone

E-mail Address

- Individual / Family Membership \$25**
Includes, local, state and national membership
- Professional Membership \$50**
- Open Door Memberships \$3**
for People in Financial Need

I can be best described as

- | | |
|---|---|
| <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| <input type="checkbox"/> Spouse | <input type="checkbox"/> Friend |
| <input type="checkbox"/> Mental Health Professional | <input type="checkbox"/> Person with Mental Illness |
| <input type="checkbox"/> Other | <input type="checkbox"/> Veteran |

Make checks payable to

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