

## NAMI WHITE MOUNTAINS IS GROWING!

We are making progress in our goal to bring more quality NAMI programs to the people of White Mountains. These programs are free to participants and increase awareness about mental health conditions in our community. Together, we can eliminate the stigma of mental illness.

You can help by joining NAMI White Mountains today. We are a recognized affiliate chapter under the 501 (c) 3 non-profit organization structure.

To learn more about NAMI's Support Groups, Classes, meetings and events in the White Mountains area, or to schedule a presentation for your community group, contact us at

**Website:** [www.namiwmaz.org](http://www.namiwmaz.org)

**Email:** [namiwhitemountains@gmail.com](mailto:namiwhitemountains@gmail.com)

**Call:** 928.298.1914

**Like us on facebook:**

**NAMIWhiteMountainsAZ**

**20 E. White Mountain Blvd**

**Suite A5 - #164**

**Lakeside, AZ 85929**



For information on NAMI programs in the  
state of Arizona

5025 E. Washington Street

Suite #112

Phoenix, AZ 85034

Phone: 602.244.8166

Website: [www.namiarizona.org](http://www.namiarizona.org)

National: [www.nami.org](http://www.nami.org)

**Join NAMI and change the way the  
world sees mental illness.**



## White Mountains, AZ



**White Mountain's Voice**

on mental health conditions,  
offering hope and help

... to people living with the challenges of  
having a mental illness and

... to the families and loved ones who want to  
learn how to better support and encourage.

[www.namiwmaz.org](http://www.namiwmaz.org)



# What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots non-profit mental health organization whose goal is to improve the quality of life for people affected by mental illness.

As a nationwide coalition, NAMI encompasses more than 1,200 state and local affiliate groups. Members of NAMI include people living with mental illnesses, families, and friends.

NAMI White Mountains AZ is your local affiliate, all volunteer organization, providing FREE support services and educational opportunities – for people living with a mental health condition and for their families and loved ones so they can better understand, support and help!

All of NAMI White Mountain services are free. We encourage membership as another voice calling for an end to the stigma of mental illness.

As a member of NAMI, you will join forces with parents, spouses, siblings, friends and peers who struggle with mental illness. Your yearly dues allow NAMI White Mountains to continue to provide support, education and advocacy in the White Mountains area.

As a member, you will receive an annual subscription to The Advocate, a national magazine with the latest research, treatments and medications for mental illness.



## How can NAMI help YOU and our community?

### Support

We offer support meetings for those with mental illness (peers) as well as family and close friends

of people with serious mental illness.

### Education

We offer family education and peer education.

We provide information at our membership meetings about resources in our community and issues related to mental illness.

We provide presentations and information to community organizations, churches, and partnership organizations.

### Advocacy

We support efforts in the community to increase awareness and decrease stigma.

We encourage lawmakers to improve the mental health system.

## Benefits of Membership

In addition to being a member in your local NAMI White Mountains AZ chapter, you get memberships in NAMI Arizona and NAMI National.

You will need the following information to apply.

Primary member First Name	
Primary member Last Name	
Mr, Mrs, Ms	
Mailing / street address	
City, State, Zip	
Phone	
Email	

Membership dues:

	\$40 Individual
	\$ 5 Open Door (for limited income)
	\$60 Household (people at same address)

Use the information above to JOIN Nami at this web address:

<https://my.nami.org/join-nami>

Be sure to choose  
NAMI WHITE MOUNTAINS AZ  
As your local Nami affiliate