

# NATIONAL MENTAL ILLNESS AWARENESS WEEK

October 4-10, 2009

## *Good News – There is Help for Mental Illness*

**Mental illnesses are brain disorders.** They are not a sign of weakness. They are not anyone's fault. Depression, bi-polar, obsessive-compulsive and panic disorders and schizophrenia are all biologically based.

**Brain disorders are common.** One family in five is affected by a brain disorder. Brain disorders are more common than cancer or heart disease.

**Brain disorders can be successfully treated.** Medication, therapy and community-based support services can help people living with brain disorders to have productive and rewarding lives.

**You are not alone — help is available.** It is not always easy to cope with brain disorders. If you or someone you care about is suffering with a brain disorder there are many organizations that can help.

*The National Alliance on Mental Illness (NAMI) is an organization of family members — parents, sons, daughters, spouses, siblings — as well as people living with brain disorders, mental health professionals and concerned citizens. Our mission is support, education and advocacy to better the lives of those who suffer from mental illness.*

The local NAMI affiliate meets monthly on the second Saturday at the Church of Reconciliation, 105 N. Elliott Road in Chapel Hill (across Franklin Street from Whole Foods).



Call 929-7822 or check [www.namiorange.org](http://www.namiorange.org) to confirm meeting schedule.

(See other side for RESOURCES)

# Mental Health RESOURCES

## HELP IN A CRISIS

OPC 24-Hour Crisis Line for Mental Health and Substance Abuse 913-4100  
Chapel Hill Police Crisis Unit 929-2760  
UNC Psychiatry Crisis Services 966-2166

**In a life-threatening emergency, call 911.**

## HELP FOR FAMILIES

NAMI "Family to Family" — 12-session, free education program for relatives of people living with brain disorders 967-5403

## INFORMATION AND REFERRAL

NAMI Orange County Helpline (9 am – 9 pm) 929-7822  
NAMI North Carolina Helpline 1-800-451-9682  
Mental Health Association in Orange County 942-8083  
Orange-Person-Chatham (OPC) Area Program 913-4000

## SUPPORT GROUPS

Parents/Caregivers of Children with Emotional Difficulties 942-8083  
Recovery: Self-help methods for anger, depression & stress 918-3677  
Pro Bono Network: Short-term therapy for uninsured 942-8083

## ADVOCACY

NAMI North Carolina 919-788-0801  
NC Mental Health Consumers Organization 919-832-2285  
Advocacy & Customer Services 919-715-3197  
(NC Division of Mental Health, Developmental Disability, Substance Abuse Services)

## OTHER RESOURCES

*Compeer*: Trained volunteers pair with persons in mental health treatment for friendship, visits 942-8083  
*Club Nova*: Fountain House model clubhouse for psycho-social rehabilitation 968-6682  
*Caramore Community*: Residential services, vocational rehabilitation 967-3402  
*Faith Connections*: An interfaith ministry helping and supporting those with mental illness and their families  
*Please email Donna at [dolsen@st-thomasmore.org](mailto:dolsen@st-thomasmore.org) or call Gove at 967-5403*

## WEBSITES

NAMI-Orange County (comprehensive resource list) [www.namiorange.org](http://www.namiorange.org)  
NAMI-North Carolina [www.naminc.org](http://www.naminc.org)  
NAMI-National [www.nami.org](http://www.nami.org)  
MHA-Orange County (directory of providers) [www.mhaorangeco.org](http://www.mhaorangeco.org)