

To learn more about and enroll in our free services and programs, and to become a member of our organization visit...

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

Monthly Family Support Groups

Monthly Peer Support Groups

Bridges Community Center Support

Oxford House Support

Family to Family Class

Ending the Silence Class for Students

In Our Own Voice Presentations

Crisis Intervention Partners (CIP) Class

Crisis Intervention Team (CIT) Class

YMCA Wellness Program

Walkabout Rewards Program

Treatment Court Support

Jail Diversion Support

Chapter 51 Support

Criminal Justice Support

Legislation Review

Public Policy

Pro bono Legal Support

Law Enforcement Partners

Outreach Speakers

## IN A CRISIS?

**CALL 911**

An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.

**Ask for assistance from Crisis Intervention (CIT) trained professionals.**

If your situation does not require 911 emergency assistance...

**CALL CRISIS INTERVENTION**

**(262) 657-7188 OR 1-800-236-7188**

Crisis counselors will be able to help you determine the steps you need to take in addition to working with authorities in the event of an emergency.



 **NAMI** Kenosha County

## Coping with Mental Health Concerns?

**WE CARE BECAUSE WE'VE BEEN THERE.**



We hope that you will join us for one of the many opportunities we offer. You will find support in an atmosphere of mutual respect and understanding of what you confront when you or someone you love has a mental illness.

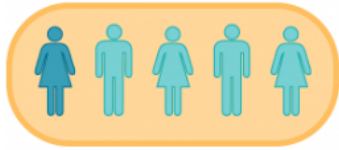
*We understand*, because we have experienced it ourselves and joyfully share what we have learned with you.

**With NAMI, *you are not alone.***

National Alliance on Mental Illness of  
Kenosha County  
P.O. Box 631  
Kenosha, WI 53141  
262-652-3606

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

## Know the Numbers



1 in 5 *adults* **AND** 1 in 5 *children* ages 13-18 experience mental illness.

Depression is the leading cause of **disability** worldwide.

**Suicide** is the 10th leading cause of death **AND** the 3rd leading in youth ages 10 - 24.

## Become A Member

- Current scientific research on illnesses, medication, & treatment.
- Quarterly newsletter; regular publications; informational meetings; community connection and classes; voting impact on current issues.
- Annual Membership - anyone over the age of 18. Individuals \$40, household membership \$60, low income individual \$5.

**Name**

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**Address**

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**City**            **State**            **Zip**

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**Phone**

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**Amount enclosed**

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Please mail your dues to Kenosha County NAMI, P.O. Box 631, Kenosha, WI 53141.

## National Alliance on Mental Illness (NAMI) of Kenosha County

is a non-profit corporation 501 (c) (3) organized in 1983 **AND** an all-volunteer organization working to improve the quality of life through **education, support, and advocacy.**

We promote recovery and fight **stigma** associated with mental illness.

We offer an array of **free** services including self-help and **monthly support groups**, educational classes, workshops, trainings, community presentations and advocacy.

These **free** services draw on the lived experience of individuals who have experienced mental illness in their lives.

We influence **public policy** related to the quality of services for people with serious mental illnesses, including access to treatment, housing, employment, and better health insurance.

We support and advocate for the **advancement of research** into the causes and treatments of severe mental illnesses.

## Free Support Groups

Numerous free support groups across Kenosha city and county for adults and students coping with a mental illness and their family and friends.

For locations and times visit our website **[namikenosha.org/support.html](http://namikenosha.org/support.html)**

## Know the Signs

1. Feeling very sad or withdrawn for more than two weeks.
2. Seriously trying to harm or kill oneself or making plans to do so.
3. Severe out-of-control, risk-taking behaviors.
4. Sudden overwhelming fear for no reason.
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
6. Seeing, hearing or believing things that are not real.
7. Repeatedly using drugs or alcohol.
8. Drastic changes in mood, behavior, personality or sleeping habits.
9. Extreme difficulty in concentrating or staying still.
10. Intense worries or fears that get in the way of daily activities.
11. Sleeping too much or not enough.