

Family-to-Family Education Program

This FREE 12-week course offers education and support for families and friends of the mentally ill.

It is taught by trained NAMI members who have lived with this experience. It focuses on the knowledge and skills you need to cope more effectively.

- Gain insight into how mental illness affects your loved one.
- Take a look at current brain research and medications.
- Find out how to become an advocate for the mentally ill.
- Learn to cope with stress and focus on taking care of yourself.

Many have described this program as life changing. Join the thousands of individuals just like yourself who have gained information, insight, understanding and empowerment.

Call NAMI Pensacola to register for the next scheduled class, offered twice a year.



By joining NAMI Pensacola, you are adding your voice to the many thousands across the country who seek to improve the prospects of those who suffer from mental illness.

To join or renew your membership, go to the nami.org web site. Dues are \$35 per year with \$15 going to NAMI Pensacola, \$10 to NAMI FL and \$10 to NAMI's national organization.

Your renewal date is now based on the date of joining instead of by the calendar year or the NAMI Pensacola fiscal year. Members will be notified before 12 months have ended, to give us the opportunity for continuous membership.

NAMI Pensacola's funding comes from dues and donations, so donations are encouraged and are tax deductible.

If you do not do business over the internet, dues paid by check can be processed through NAMI Pensacola. Contact us by email or telephone if you'd like to receive newsletters by email. All information received from you is confidential and for the sole use of NAMI Pensacola.



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Are you stressed by the
medical,
legal,
emotional, and
social problems
caused by your loved one's
mental illness?

NAMI Pensacola provides support, education and advocacy for families and friends of the mentally ill.

We offer regular monthly meetings and a free family-to-family education program.

You are not alone!



MISSION

The mission of NAMI Pensacola is to provide support to the loved ones of the chronically mentally ill and to promote education about mental illnesses, both to our members and to the community as a whole.



SUPPORT

NAMI Pensacola is a nonprofit organization affiliated with NAMI Florida and NAMI National. The Pensacola affiliate seeks to provide support to the families and friends of the mentally ill; to promote the education of its members and the community about mental illness; to advocate for the rights of, and better services for, the mentally ill; and to foster research to find the causes and a cure for mental illness.

Meetings are held on the 2nd and 4th Thursdays of each month:

The 2nd Thursday meeting, 6-7:30pm, is at Lakeview Center, Building I, 1995 N H Street, between Hernandez & Lakeview, and the 4th Thursday meeting, 6-7:30pm, is at The Pavilion at West Florida Hospital

RESEARCH

Research is the ultimate source of hope for NAMI consumers and family members. Already, research has yielded tremendous advances and underscored the fact that mental illnesses are simply brain disorders. Much is yet to be learned. Further research is imperative if we are to prevent the next generation from suffering.

The public health burden associated with mental illness is enormous. A 1996 study by the World Health Organization found that four of the top ten causes of disability worldwide are severe mental illnesses: major depression, bipolar disorder, schizophrenia and obsessive compulsive disorder. These disorders account for an estimated 20 percent of total disability resulting from all diseases and injuries worldwide.

It is hoped that further research will end the stigma and result in improved treatment and services for those who so desperately need and deserve them.

“NAMI Pensacola was a lifesaver for me when my son was sent to the state mental hospital. I was terrified for him and didn’t know what to do. When I went to a meeting, those people were so kind. They had advice and gave me the support I needed. But the best thing was that they knew exactly how I felt.”

Elizabeth O.



EDUCATION

NAMI Pensacola offers a free 12-week course, the Family-to-Family Education Program, twice a year for members and the community. It is taught by trained NAMI members who have lived with this experience.

At one of the regular monthly meetings, presentations on subjects of interest to the membership and the community may be included. These may include speakers or films and documentaries on current issues and advances.

Email: namipensacola@gmail.com

Web site: namipensacola.com or follow the link from nami.org

On Facebook: [NAMIPensacola](https://www.facebook.com/NAMIPensacola)

Telephone: (850) 208-1609

ADVOCACY

NAMI serves as an advocate for those who live with a mental illness by bringing their problems to the attention of local, state and federal government and by pressing for supervised residential facilities and good community support systems.

NAMI works for the inclusion of families in the care and treatment of the mentally ill. We look for ways to bring families and providers closer together by sharing insights and techniques.