

- **NAMI Ending the Silence** is an in-school presentation designed to teach middle and high school students about signs/symptoms of mental illness as well as the importance of acknowledging the signs. Contact Dhanu at 845-294-2749 to arrange for this presentation to be given at your school by our NAMI-trained presenters.

Individual Support Group:

- **NAMI Connection** is a NAMI-trained peer advocate recovery support group for adults with mental illness. Meets every Friday 6 - 7:30 p.m. at the First Presbyterian Church, 33 Park Place, Goshen, NY 10924
For information, call NAMI Orange office at 845- 956-6264 or 845-294-2749. Facilitator Anil Sannesy

Families Helping Families:

is a team of NAMI Orange volunteers that provides information to the families of patients in the Behavioral Unit at Orange Regional Medical Center

Families' Perspectives on Having a Loved one with Mental Illness

is a presentation by family members about their loved ones with mental illness, the experiences they shared and how they coped, along with a short video. This is meant for providers of service. Call 845-342-2400 x1238 for information.

If anyone would care to have his/her email added to our email database in order to receive occasional announcements about meetings, workshops, impending legislation, etc., please send your request to namiorangeny@warwick.net

Packet Prepared by



Orange County, NY

**FAMILY
&
INDIVIDUAL
SUPPORT
SERVICES**



*A guide for families
and caregivers
who have a loved one
with a mental illness;
and/or for individuals
with a mental illness*

24 hour Helpline: 1-800-832-1200

*asterisk indicates group offered through **Mental Health Association in Orange County, Inc.**, 73 James P. Kelly Way (formerly known as County Highway 108), Middletown, NY 10940.

- **NAMI Family Support Group**

for family and friends of adults with mental illness

A structured support group for families, friends, partners and caregivers of adult (18+) loved ones with serious mental illness, schizophrenia, bipolar, depression, OCD, etc. which is offered through NAMI Orange.

Meets 1st Thursday of every month at 7 p.m. at First Presbyterian Church, 33 Park Pl., Goshen, NY.

NAMI-trained facilitators: Catha, Dhanu, Linda and Sheila.

Call Dhanu at 845-294-2749 for information

- ***Family & Friends Together**

for family and friends of adults with mental illness

A sharing and caring support group for families, friends, partners and/or caregivers of adult loved ones with serious mental illness, schizophrenia, bipolar, depression, OCD, etc.

Meets 3rd Thursday of every month at 7 p.m. at Mental Health Association, 73 James P Kelly Way, Middletown, NY.

Call Peggy, Coordinator family support, education and advocacy at 845-342-2400 x1238 for information.

- ***Family & Friends Plus Social Group** *for peers, their families & friends-*

meets the last Wednesday of the month at 6:30 p.m. at MHA. Informal and fun. Will have agreed upon topic of interest, like music or martial arts.

Call Peggy at 845-342-2400 x1238 to RSVP

- ***Family Ties**

for parents and caregivers of children and adolescents with Emotional, Behavioral and Social Difficulties (including Attention Deficit and Hyperactive Disorders). Call Mary at 845-342-2400 x1246 for information.

- **Survivors of Suicide**

- for teens and young adults who have lost loved ones to suicide

1st Sunday of the month, 3-5 p.m., 10 South St., Warwick

Call Judy Battista 914-489-7402 for more information.

Under 18, please have permission of Parent or Guardian

- for family members who have lost loved ones to suicide

Meets monthly at First Presbyterian Church, 94-96 Main Street, Chester.

Call AnnMarie D'Aliso at 845-325-6448 for information.

National Alliance on Mental Illness

NAMI Orange County, NY

(formerly known as NAMI-AMICO, Inc.)

NAMI Orange County, NY

P.O. Box 637, Middletown, NY 10940

Tele/Helpline: 845-956-6264 or 1-866-906-6264

email: namiorangeny@warwick.net

website: namiorangeny.org

- **NAMI Orange**, *a support/advocacy/education group often having a speaker of interest* meets the second Monday of the month at 6:30-8:30 p.m. at O.C. Department of Mental Health, 30 Harriman Drive, Goshen, NY; but date or location may change for specific events, especially in July, Oct. and Dec., so please call 845-956-6264 or view our website for information. (No meetings in Feb. or Aug.). If planning to attend, RSVP to namiorangeny@warwick.net or call NAMI Orange at 845-956-6264.
- **NAMI Family-to-Family** classes are offered as a free 12 session course that is taught to families and/or significant others who are caregivers of persons with serious mental illness by NAMI-trained family members. The weekly classes cover all aspects of mental illnesses, symptoms, medications, biology of the brain, coping strategies and provide emotional support as well. It is appropriate for families only, not the person with the mental illness. It is offered once or twice a year and registration is required. Call NAMI Orange at 845-956-6264 or Dhanu at 845-294-2749 for more information
- **In Our Own Voice (IOOV)** is a unique education program developed by NAMI in which NAMI-trained people share their compelling personal stories about living with mental illness and achieving recovery. Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

IOOV presentations are given to students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups. All presentations are offered free of charge.

Call NAMI Orange at 845-956-6264 or Dhanu at 845-294-2749.