

24 hour MHA 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.

- ***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 the 3rd Thursday of every month at 7 p.m. at MHA. For more information call Peggy, Coordinator Family Support, Education and Advocacy at 845-342-2400 x1238 .
- ***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 St., Chester.
Call AnnMarie D'Aliso at 845-325-6448 for information.

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***

National Alliance on Mental Illness

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 Support Groups** for family and friends of adults with mental illness are structured support groups 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. NAMI-trained facilitators. Call Dhanu at 845-294-2749 for information. Meets twice a month at different locations:
 - **1st Thursday** of every month at 7 p.m. at First Presbyterian Church, 33 Park Pl., Goshen, NY
 - **3rd Monday** of every month starting November 20th at 7 p.m. at ORMC, 707 East Main St., Middletown, NY. Conference Room #7.
- **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 our NAMI Orange office at 845-956-6264 or 845-294-2749. Facilitators are Anil Sannesy, Joyce Andrew and Michael Schwarz.
- **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 twice a year and registration is required. Call NAMI Orange at 845-956-6264 or Dhanu at 845-294-2749 for more information.

- **NAMI Basics** is a 6 week (one night a week) NAMI educational program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. Registration is required. Call NAMI Orange at 845-956-6264 or Dhanu at 845-294-2749 for more information.
- **NAMI 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 to schedule this presentation for your group.
- **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.

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.

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