



You are
not
alone.



NAMI

National Alliance on Mental Illness

MENTAL HEALTH SUPPORT



**Southeast
Wisconsin**

OFFERING CONFIDENTIAL
SUPPORT, SHARED EXPERIENCE
& LEARNED WISDOM

FOR INDIVIDUALS

CONNECTIONS

Saturdays, 10:00-11:30A

***NOW IN PERSON**
(Milwaukee)

THE JOURNEY: WOMEN'S PTSD

2nd & 4th Thursday, 1:00-2:30P
(Milwaukee)

PEER SUPPORT GROUP

1st Tuesday, 6:00-7:30P
(Waukesha)

PEER SUPPORT GROUP

1st & 3rd Wednesday,
6:30-8:00P (Oconomowoc)

FOR LOVED ONES

FAMILY SUPPORT GROUPS

1st Tuesday, 6:30-7:30P
(Waukesha)

1st Wednesday, 6:00-7:30P
(Milwaukee)

2nd Monday, 6:30-8:00P
(Wauwatosa)

1st & 3rd Wednesday, 6:30-7:30P
(Oconomowoc)

4th Wednesday, 6:30 - 8:00P
(Virtual)

PARENT PEER SUPPORT GROUP

1st & 3rd Wednesday, 6:30-8:30P
(1st W, Waukesha; 3rd W, Virtual)

FOR SURVIVORS

SURVIVORS HELPING SURVIVORS

2nd Tuesday, 6:30-7:30P
(Waukesha)

4th Tuesday, 7:00-8:00P
(Virtual)

*Registration is due by
12:00pm on the day prior to
class to ensure ample time to
provide the location or link.

FOR REGISTRATION OR MORE INFORMATION: CALL 262-524-8886, EMAIL
INFO@NAMISOUTHEASTWI.ORG, OR VISIT NAMISOUTHEASTWI.ORG

Mental Health Facts

The overall suicide rate has increased 35% since 1999 to become the 10th leading cause of death in the United States.

Rates of cardiometabolic disease are twice as high in adults with serious mental health conditions.

21% of people experiencing homelessness have a serious mental health condition.

1 in 5 U.S. adults experience a mental health disorder each year.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

Suicide is the 2nd leading cause of death for people ages 10-34.

18% of adults with a mental health concern also have substance use concerns.

8.4+ million Americans provide care to an adult with an emotional or mental health condition.

37% of incarcerated people have a mental health diagnosis.
&
70% of youth in the juvenile justice system have a mental health condition.

1 in 8 emergency room visits are directly related to mental health or substance use concerns.

Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity.

People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer.

Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.

Depression is the leading cause of disability, worldwide.

Caregivers provide an average of 32 hours per week of unpaid care to those with mental health concerns.

source: nami.org/mhstats



Waukesha Program & Administrative Offices:
217 Wisconsin Ave, Suite 300
Waukesha, WI 53186

Milwaukee Program Offices:
1915 N. Dr. Martin Luther King, Jr. Dr.
Milwaukee, WI 53212



Waukesha Program & Administrative Offices:
262-524-8886

Milwaukee Program Office:
414-344-0447



www.namisoutheastwi.org



info@namisoutheastwi.org

You are not alone.



National Alliance on Mental Illness

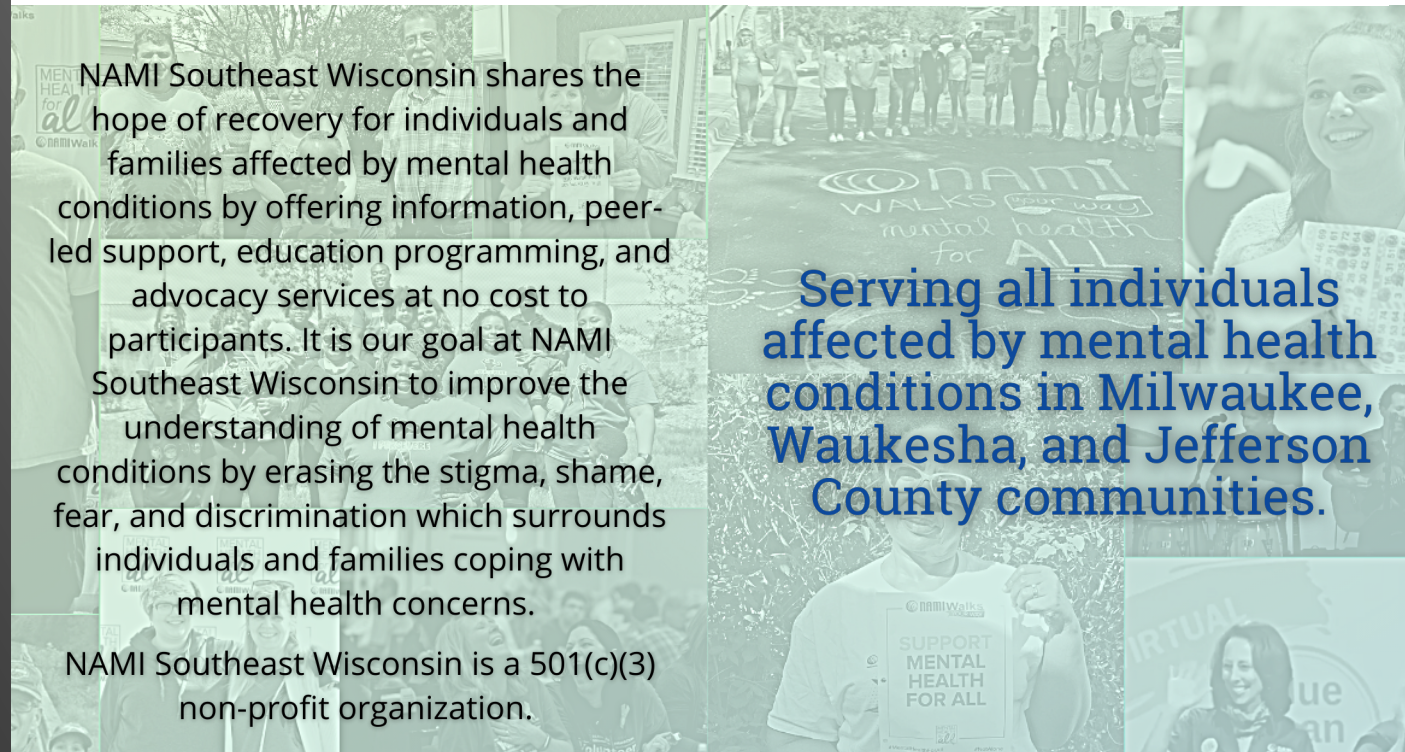
Southeast Wisconsin

Serving Milwaukee, Waukesha, and Jefferson Counties

NAMI Southeast Wisconsin shares the hope of recovery for individuals and families affected by mental health conditions by offering information, peer-led support, education programming, and advocacy services at no cost to participants. It is our goal at NAMI Southeast Wisconsin to improve the understanding of mental health conditions by erasing the stigma, shame, fear, and discrimination which surrounds individuals and families coping with mental health concerns.

NAMI Southeast Wisconsin is a 501(c)(3) non-profit organization.

Serving all individuals affected by mental health conditions in Milwaukee, Waukesha, and Jefferson County communities.



YOU ARE
NOT
ALONE

If you've ever felt alone because of your connection to a mental health condition, the **NAMI community is here for you.**

I want to learn more about mental health conditions:

Question, Persuade, Refer (QPR) educates community members about myths of suicide and how they can get a person at risk of suicide the help they need.

Stories of Hope / In Our Own Voice reduce stigma and offer inspiration through the personal stories of trained speakers who share their experiences with mental health conditions. This 40-60 minute presentation is followed by open dialogue regarding mental illness and recovery.

Youth Mental Health First Aid covers mental health literacy, adolescent development, anti-stigma messaging, and a five-step process to prevent crisis and suicide risk in young adults. This is a six-hour community presentation ideal for those who have regular contact with adolescents aged 12-18.

NAMI Ending the Silence teaches students, parents, and educators about mental health concerns to create a generation of students that are prepared to end the stigma associated with mental health conditions. Learn the warning signs of mental health conditions through age-appropriate content, establish early intervention protocols, and empower students to reach out for help in this 50-minute presentation from two people with lived experience.

Crisis Intervention Team (CIT) Training educates law enforcement and dispatch personnel to recognize a mental health crisis by providing an overview of mental illness, trauma, brain development, substance use disorders, developmental disabilities, suicide prevention, and crisis de-escalation. This is a five-day, 40-hour program. Also offered: **Community Intervention Partners (CIP)** is a two-day, 16-hour program for correctional officers and other emergency personnel. CIP offerings can be adapted to 4 to 16-hour formats for educators, mental health professionals, direct care workers, parents/caregivers, and others. Youth CIP provides similar training for adults who regularly work with adolescents, youth and young adults.

My family member or loved one has a mental health condition:

NAMI Family-to-Family offers education and support, improving coping strategies and problem solving. The course covers crisis management, local services and treatment options, and strategy for care while supporting your loved one. This 8-week class meets once per week and is taught by trained family members.

NAMI Family & Friends shows how to best support someone with a mental health concern and covers diagnosis, crisis preparation, self-care, and resources. Presented in 90 minutes or a 4-hour seminar style.

One-on-One Family Support provides an opportunity to speak with a family member who has been there and can offer support, education, and guidance on how to best support your loved one.

Chapter 51 Court Support & Advocacy provides emotional support, education, and resources for family members who have a loved one going through an involuntary commitment process due to a serious and persistent mental illness. NOTE: This program is only available in Waukesha County.

Family Support Groups are an opportunity for loved ones of those with a mental health concern to connect with others who understand and share learned wisdom.

Thank so much for talking to me, and for all the valuable information you shared with me. When I got off the phone with you this afternoon, I thought to myself: *I got what I have always been hoping and praying for, someone I can talk to that feels my pain and knows first-hand what it's like to be a parent of a son with a mental health condition.* What a gift from God that was to me today! - NAMI Southeast WI Caller

I have a mental health condition:

NAMI Peer-to-Peer is for individuals seeking a better understanding of their mental health condition and recovery options. This 8-week class meets once per week and is taught by trained facilitators living in recovery with their own mental health conditions.

One-on-One Peer Support connects you with a Certified Peer Specialist who utilizes their personal lived experience to provide support and demonstrates that recovery is possible.

Peer Support Groups are an opportunity for individuals with mental health concerns to connect with others who understand and share learned wisdom.

I have a mental health condition and I'm at risk of homelessness:

Projects for Assistance in Transition from Homelessness (PATH) assists individuals living with a mental illness who are homeless or at imminent risk of becoming homeless. This Waukesha County program offers support to secure housing, connection to treatment and other resources that will assist with stabilizing housing and prevent future homelessness.

SSI/SSDI Outreach, Access and Recovery (SOAR) increases access to SSI/SSDI eligible adults who are homeless or at risk of homelessness and also have a mental health condition including substance use disorder.

NOTE: The PATH and SOAR Programs are only available through NAMI in Waukesha County. To access PATH and SOAR services in Milwaukee County please contact Outreach Community Health Centers.

My child has a mental health condition:

SSI/SSDI Outreach, Access and Recovery (SOAR) for Children assists children and youth who are experiencing (or at risk of) homelessness and have a serious mental illness to apply for the Social Security Administration's (SSA) disability program.

NAMI Basics provides education for parents and caregivers of children under 18 who live with mental health challenges or behavioral difficulties. Learn effective coping skills and strategies for you and your child. This 6-week class meets once per week and is taught by trained family members.

The Lighthouse Project assists parents or caregivers who have a child under the age of 18 with mental health challenges. The program coordinator can provide assistance with advocacy, navigating support systems, creating crisis plans, and creating a family environment that encourages wellness, learning, and growth. NOTE: This program is currently only available in Waukesha County.



nAMI Basics

National Alliance on Mental Illness



Do you care for a child experiencing mental health, emotional, or behavioral difficulties?

NAMI Basics is a free 6-session education program for parents, caregivers and other family who provide care for youth who are experiencing mental health symptoms.

April 13th- May 18th
Thursday Nights | 6:00 - 8:30 pm

Pius XI High School - Learning Commons

135 N 76th Street, Milwaukee, 53213

Presented By:



nAMI Southeast Wisconsin

Serving Milwaukee, Waukesha, and Jefferson Counties

Get an overview
of child &
adolescent brain
development.

Learn about
treatment &
recovery options

How to
advocate for
your child's
rights.

Prepare a crisis
response plan
for your child.

This FREE 6-session, evidence-based program is taught by trained team with lived experience raising a child with a mental health condition. Learn more at: www.namisoutheastwi.org/nami-basics

For registration or questions, contact Adrienne Busch:

abusch@namisoutheastwi.org | 414-326-3461