

NAMI Lexington offers:

- Mental Health First Aid - an 8 hour class that teaches participants how to be a mental health first aid responder
- Fayette Mental Health Court - a jail diversion program for incarcerated individuals with persistent mental illness.
- NAMI Family-to-Family Education, a 12 week education course for families and caregivers
- In Our Own Voice - a presentation where individuals with lived experience share their personal recovery story
- Sharing Hope - a presentation and partnership with the African American Community and Faith Organizations to promote awareness and encourage appropriate treatment.
- NAMIWalks - an annual mental health awareness and fundraising event
- Participation Station - a Peer operated recovery center co-sponsored by bluegrass.org. Provides free recovery and wellness classes, support and fellowship.
- Advocacy - raises awareness, combats stigma and promotes system transformation
- KYSTARS - statewide technical assistance program with recovery oriented training and peer leadership skills training

SUPPORT GROUPS

NAMI offers adult support groups for individuals living with a mental illness and their family members

NAMI Connections - a recovery support group for people living with a mental illness

Family Member Support Groups - a peer-led support group for family members

WRAP (Wellness Recovery Action Plan) - a program to create an individualized treatment plan for promoting recovery

DTR (Double Trouble in Recovery) - a 12 step support group for individuals with co-occurring substance abuse and mental health disorders

NAMI Introductions - a program that provides an overview of NAMI programs and services and offers an opportunity for support and questions

To learn when programs and support groups are offered:

Phone: 859-272-7891 or

Visit: www.namilex.org

No Stigma. Know More. Know NAMI.



You are not alone...



"Promoting Recovery"

and

Assisting Individuals, Families,
and Caregivers impacted by
persistent mental illness

through

**Education, Advocacy,
Outreach, and Support**

NAMI Lexington
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DID YOU KNOW . . .



- Mental illness is a term used to describe a group of biologically based medical illnesses
- Mental illness can strike persons of any age, sex, or ethnic group, and can occur in any family.
- Mental illnesses are far more common than cancer, diabetes, heart disease or arthritis.
- The National Institute of Mental Health estimates that one out of four families in the U.S. will have a loved one with a mental illness.
- Mental illnesses are NOT the same as intellectual deficiencies which involves deficits in learning ability
- Mental illnesses are NOT the result of weak character or poor parenting.
- Serious mental illnesses are medical illnesses, biologically based, and are no one's "fault."
- Recovery is possible.
- Treatment works and saves lives.

PRINCIPLES OF SUPPORT

- ✓ We will see the individual first, not the illness.
- ✓ We recognize that mental illnesses are medical illnesses that may have environmental triggers.
- ✓ We understand that mental illnesses are traumatic events.
- ✓ We aim for better coping skills.
- ✓ We find strength in sharing experiences.
- ✓ We reject stigma and do not tolerate discrimination.
- ✓ We won't judge anyone's pain as less than our own.
- ✓ We forgive ourselves and reject guilt.
- ✓ We embrace humor as healthy.
- ✓ We accept we cannot solve all problems. or fix others
- ✓ We expect a better future in a realistic way.
- ✓ We will never give up hope.



Membership - please join us!

Regular 1 year Membership — \$35

Open Door — \$3 — Reduced rate for those with limited means / fixed incomes

Amount Enclosed \$_____

Or donate online at namilex.org

Donations

Donations may be made to NAMI Lexington at any time.

Amount of Donation Enclosed \$_____

Name

Address

City, State, Zip

Telephone

E-mail Address

**DUES/DONATIONS ARE
TAX DEDUCTIBLE**

Make Checks Payable to:
NAMI Lexington
498 Georgetown St., Suite 201
Lexington, KY 40508
Donate Online
www.namilex.org