

## 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 8 week education course for families and caregivers
- **Family and Friends** - a free four-hour seminar that informs people who have loved ones with a mental health condition how to best support them.
- **In Our Own Voice** - a presentation where individuals with lived experience share their personal recovery story
- **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.
- **KYSTARS** - statewide technical assistance program with recovery oriented training and peer leadership skills training
- **Peer to Peer**—eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

## 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

**System Navigators** - Peer Support Specialists that helps individuals that need help with housing, food, healthcare and all other living needs by providing resources and coaching

**To learn when programs and support groups are offered:**  
**Phone: 859-272-7891 or**  
**Visit: [www.namilex.org](http://www.namilex.org)**

**No Stigma. Know More. Know NAMI.**



*You are not alone...*



**"Promoting Recovery"**

and

**Assisting Individuals, Families,  
and Caregivers impacted by  
serious mental illness**

through

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

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[www.namilex.org](http://www.namilex.org)

## 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!

Household 1 year Membership - \$60

Regular 1 year Membership — \$40

Open Door — \$5 — Reduced rate for those with limited means / fixed incomes

Amount Enclosed \$\_\_\_\_\_

Or donate online at [namilex.org](http://namilex.org)

### Donations

Donations may be made to NAMI Lexington at any time.  
Amount of Donation Enclosed  
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Name

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E-mail Address

### DUES/DONATIONS ARE TAX DEDUCTIBLE

Make Checks Payable to:  
NAMI Lexington  
498 Georgetown St., Suite 100  
Lexington, KY 40508  
Donate Online  
[www.namilex.org](http://www.namilex.org)