

PRESENTATIONS

NAMI Westchester provides speakers to help educate the community on mental health and share personal experiences.



IOOV illustrates the realities of living with a mental illness. The audience gains a better understanding of what it is like to live with mental illness and stay in recovery. Presentations are led by two trained speakers living in recovery.



Ending the Silence is a school presentation on the warning signs of mental illness and how to get help. There is a PowerPoint presentation led by a family member followed by a young adult living in recovery both sharing their personal experiences. This presentation is for middle and high students. There is an additional presentation for staff and parents available.

BRIDGES OF HOPE

This is a faith-based presentation to help give a better understanding of those who live with a mental health condition and the impact on the family.

COLLEGE OUTREACH

We provide a presentation to help college professors and staff understand mental health, suicide prevention and how to help students succeed who may have mental health conditions.

In addition, we help colleges form NAMI on Campus clubs and provide presentations on mental health for students.

COMMUNITY OUTREACH

FILM SERIES

Twice a year we sponsor a film screening followed by a panel discussion. Films are chosen to help educate and provide the community with a better understanding of mental health.

EDUCATIONAL EVENT

Every October we have our Annual Educational Event. There is a guest speaker followed by a panel discussion on a relevant topic of interest to our community.

RIBBON CAMPAIGN



May is Mental Health Awareness month. During the month of May, ribbons are on display throughout the county to bring awareness to mental illness and where to find help.



NAMI Westchester holds a 5K walk every May to raise funds and awareness to end the stigma of mental illness. For more information, contact the Director of Development at 914-258-7613 or visit www.namiwalks.org/westchester.



National Alliance on Mental Illness of Westchester, Inc.

A self-help and support organization dedicated to improving the lives of people and their families living with mental illness through support, education and advocacy

**FIND HELP...FIND HOPE
FOR SUPPORT & RESOURCE
INFORMATION**

**CALL OUR HELPLINE AT
(914) 592-5458**

NAMI Westchester is a 501(c)(3) organization.

WARNING SIGNS OF A MENTAL HEALTH CONDITION

- Excessive worrying or feeling sad for more than two weeks
- Confused thinking or problems concentrating
- Extreme mood changes
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes.
- Thinking about suicide
- Inability to handle daily activities, problems and stress
- An intense fear of weight gain or concern with appearance

SUICIDE PREVENTION

If someone is in imminent danger contact 911.

Do not leave them alone. Engage them in conversation, if you can safely do so. Speak calmly and compassionately while encouraging the person that suicide is not the answer. Attempt to separate the individual from their means of suicide while remaining safe.

WARNING SIGNS OF SUICIDE

- Talking about hopelessness or being a burden to others, or having no reason to live
- Having no motivation or lost interest
- Withdrawing or feeling isolated
- Sudden change in personality or behaviors
- Giving away possessions, behaving recklessly
- Talking about death

For urgent assistance:

1-800-273-TALK or Text 741741

EDUCATION PROGRAMS



Family-to-Family is a 12-week course for families and caregivers of individuals living with a mental illness. The class is taught by trained family members. It provides critical information and strategies related to caregiving. The class incorporates presentations, discussions, problem solving and communication skills. The Family-to-Family program was designated an evidence-based practice by the Substance Abuse and Mental Health Services Administration (SAMHSA).



Peer-to-Peer is a 10-week program taught by two trained individuals in recovery. It provides information on brain biology, symptoms, and relapse prevention. In addition, skills are taught on how to interact with health providers and family as well as techniques for reducing stress. The course provides a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance.

MEMBERSHIP

Please see www.namiwestchester.org, for membership information, advocacy and upcoming events.

FUNDING

We do not charge any fee for any of our programs and services. We rely on our membership, contributions, fundraisers and grants for financial support.

SUPPORT SERVICES



NAMI Connection is a peer recovery support group for people living with a mental illness. The groups are facilitated by trained individuals who are living in recovery. Individuals are able to share experiences, coping skills, resources and hope. NAMI Westchester has several groups that meet throughout the county every month.



NAMI Westchester provides a network of support groups for families and friends of individuals suffering from a mental illness. We have several different family support groups including a parent and caregivers of adolescents and young adults. Groups meet once a month and are peer run by trained facilitators. Please call (914) 592-5458 for more information.

FIND US



Facebook:

www.facebook.com/NAMIWestchester.org



Instagram:

[namiwestchester](https://www.instagram.com/namiwestchester)



Twitter:

[@namiwestwalk](https://twitter.com/namiwestwalk)

www.namiwestchester.org
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PLEASE NOTE

No specific medication or medical therapy is endorsed or recommended by any of our programs.