



National Alliance on Mental Illness

NAMI

Somerset NJ

DO YOU HAVE A FAMILY MEMBER WITH MENTAL ILLNESS?

NAMI National/NAMI NJ/NAMI Somerset County Can Help...

NAMI (National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI SOMERSET NJ is a nonprofit organization that provides support, education, and advocacy throughout Somerset County area on behalf of individuals and families affected by mental illness.

- **Monthly Family Support Group 1st Thursday of every month at Richard Hall Community Mental Health Center, Bridgewater, 7-9pm.**
- **FREE FTF (FAMILY TO FAMILY) PROGRAM FOR FAMILY MEMBERS: 12 week program offers: Information, Coping Skills, Empathy Skills, Self-Care, Emotional Support, and Advocacy**

For more Somerset County Info. please contact:

- *Sue (Pres) at ms_sues_mail@yahoo.com or 908-296-3732*
- *Brian (VP) at bgregan59@comcast.net or 732-735-7037*
- *Can also email namisomerset@gmail.com*

For help, guidance and information about many more of NAMI services visit:

- **www.nami.org – Phone # 800-950-NAMI(6264)**
- **www.naminj.org- Phone # 732-940-0991**

HELPING TO STAMP OUT THE STIGMA!