

# NAMI San Mateo County Membership Application

☐ Regular Member (\$35 – \$99)

☐ Sustaining Member (\$100 – \$499)

☐ Patron Member (\$500 – \$999)

☐ Benefactor Member (\$1,000 or more)

☐ Mental Health Consumer (\$10)

☐ Renewal OR ☐ New Membership \$ \_\_\_\_\_

I would like to add a monthly pledge of \$ \_\_\_\_\_

\*A portion of your membership donation is sent to NAMI National and NAMI California.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

### Payment Information

Please make checks payable to NAMI San Mateo County

☐ VISA ☐ MC Credit cards charged to billing address.

CC# \_\_\_\_\_

SIGNATURE \_\_\_\_\_

EXPIRES \_\_\_\_\_ AMOUNT \$ \_\_\_\_\_

### Please check all that apply: I am / We are:

- ☐ Family
- ☐ Business or Agency
- ☐ Consumer
- ☐ Friend
- ☐ MH Professional

### Please mail your form and check to:

**NAMI San Mateo County**, 1650 Borel Place, Suite 130  
San Mateo, CA, 94402

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. NAMI SMC is a 501(c)3 Tax Exempt Organization.  
Tax ID # 94-2650681



National Alliance on Mental Illness

San Mateo County

**Dedicated to  
improving the  
quality of life for  
people with  
mental illness  
and their families  
through support,  
education  
and advocacy.**

### National Alliance on Mental Illness San Mateo County

For Information, please call:  
**(650) 638-0800**

Or email:  
**[nami@namisanmateo.org](mailto:nami@namisanmateo.org)**

1650 Borel Place, Suite 130  
San Mateo, CA 94402  
**[namisanmateo.org](http://namisanmateo.org)**

Affiliated with NAMI California  
and NAMI National

## You are not alone.

Is someone in your family suffering from a  
mental illness?

Do you feel alone and isolated with  
this problem?

Have you wondered how other  
families cope?

Would you like someone to talk with who  
understands and can give you  
emotional support?

Do you want information about services for  
persons who have a mental illness in  
San Mateo County?

## We Are Here To Help

NAMI San Mateo County (NAMI SMC) is a non-profit, self-help organization of families of persons with brain disorders, consumers of Behavioral Health and Recovery Services, professionals and supportive members of the community. These mental illnesses include schizophrenia; bipolar disorder (manic-depression); major depression; anxiety and panic disorders; borderline personality; obsessive-compulsive, post traumatic stress disorders and eating disorders.

Our goals are to improve the quality of life for persons with brain disorders and their families, to ensure their dignity, and to secure for them non-discriminatory access to quality health care, housing, education and economic opportunities. We also work towards increasing research into brain disorders and bringing an end to the stigma associated with them.

## Facts About Mental Illness

A mental illness is a brain disorder, and brain disorders are biologically-based medical problems. Untreated, disorders of the brain cause severe disturbances in thinking, feeling and relating to others. This results in substantially diminished capacity for coping with the ordinary demands of life. These brain disorders can affect persons of any age and occur in any family. Mental illness is not caused by bad parenting and is not evidence of weakness of character.

**Schizophrenia** is a neurobiological disease affecting about 1% of the world's population (about 20 million people). Its symptoms include impairment in thinking, delusions, hallucinations, changes in emotions and changes in behavior.

**Bipolar Disorder** (formerly referred to as manic-depression). In its manic phase the primary mood of the person is "euphoria" (high and happy) or irritable, critical and stubborn (touchy). In addition, the disorder is usually accompanied by at least one severe depressive episode.

**Major Depression** has many forms. Usually the person is either sad or irritable, shows a loss of interest and pleasure in daily activities, has weight loss or gain, sleeps too much, is fatigued, is unable to think, remember or concentrate, has feelings of guilt, and may have suicidal thoughts.

**Anxiety and Panic Disorders** are biologically-based disorders in which internal body sensations and everyday happenings are interpreted as dire events.

**Personality Disorders** are atypical variations of other diagnoses. Borderline personality disorder (BPD) is characterized by impulsivity and instability in self-image and personal relationships.

**Obsessive-Compulsive Disorder (OCD)** presents as recurrent thoughts, images and impulses that invade the mind, causing intolerable anxiety and ritual compulsions. It affects one person in 40.

**Post Traumatic Stress Disorder (PTSD)** is an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness or horror.

**Eating Disorders** refers to a group of conditions defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual's physical and mental health.

## Outreach

General meetings, open to the public, are held every other month beginning in January.

These meetings feature speakers on topics including San Mateo County services for persons with mental illnesses; research on mental illness; psychiatric rehabilitation; coping strategies; estate planning for families of persons with disabilities; residential alternatives; and child/youth services.

We publish the NAMI San Mateo County Newsletter ten times per year which provides education and up-to-date information on a range of mental health related topics.

A lending library of books, pamphlets, audio tapes and videos on all subjects related to mental health are available at our office.

Speakers and video tapes are available to organizations who wish to present programs on understanding brain disorders.

## Support Groups

Support meetings for families learning to cope with serious mental illness are held at various times and places throughout the county. A complete listing of support meetings is located in the NAMI newsletter and on the website.

### NAMI Connection Support Group

A recovery support group program for adults living with mental illness. These groups provide a place that offers respect, understanding, encouragement and hope.

*Please call (650) 638-0800*

*or email us at [nami@namisanmateo.org](mailto:nami@namisanmateo.org)*

*for more information.*

*A complete listing of meetings is located in the NAMI newsletter and on the website:*

*[namisanmateo.org](http://namisanmateo.org)*

## Education Programs

Please contact our office at (650) 638-0800 about any of these popular free programs.

### Family to Family Education Program

Free 12-week course offered by trained family member volunteers. This program is open to parents, spouses, siblings, and adult children of persons with mental illness.

### Peer to Peer Program

Free 10-week program for persons with mental illness. These classes are taught by trained consumer mentor teachers.

### Provider Education Program

A free program offered to individuals who provide behavioral health services to people with mental illness. Classes are taught by trained family members and consumers.

### Basics Education Program

A free 6-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. Children who experienced difficulties prior to age 13.

### In Our Own Voice: Living with Mental Illness

A free recovery education presentation given by trained consumer presenters to groups of consumers, family members, community groups, colleges and professionals.

### Parents and Teachers as Allies

A free, two hour, in-service program that educates school professionals and families to better understand the early warning signs of mental illness in children and adolescents.

### Ending the Silence

A free 50 minute in-school presentation about mental health designed for high school students who can learn about mental illness directly from individuals living with mental illness themselves.

### Crisis Intervention Team (CIT)

A voluntary program designed to help law enforcement and first responders help people with behavioral illness in our community. This is a collaborative effort with the San Mateo County Sheriff's Department, Behavioral Health and Recovery Services and NAMI San Mateo County.

## Research

NAMI San Mateo County supports the efforts of the National Alliance for Research on Schizophrenia and Depression (NARSAD). This organization provides funds for vital studies into brain disorders and fosters understanding of these major health problems.

Only in the last few decades has there been real hope for people with mental illness. That hope has grown from pioneering research that found both a biological basis for brain disorders and treatments that work.

## History

NAMI SMC was founded in 1974 as Parents of Adult Schizophrenics, and later as the Alliance for the Mentally Ill of San Mateo County. A 501(c)3 nonprofit, NAMI SMC has been a key voice for the mentally ill of our county and their families since our early days as a small advocacy group.

NAMI SMC founded Mateo Lodge, Inc., which provides residential facilities and an around-the-clock mobile support team. Today, the National Alliance on Mental Illness, founded in 1979, has over 1,200 affiliates and 220,000 members throughout the United States and beyond.

The work of NAMI SMC is still being carried out primarily by volunteer family members and consumers, proving that people who care can make a difference!

## Advocacy

NAMI SMC advocates for a system of care adequate to meet the needs and improve the quality of life of people with serious brain disorders.

*For up-to-date details please visit our website at [namisanmateo.org](http://namisanmateo.org)*

# Don't wait any longer.

**Just fill out the membership information on the other side, cut it out and mail it in.**

**You will receive the NAMI newsletter packed with information you can use.**

**Or call us:  
(650) 638-0800**

# We can help!

### NAMI San Mateo County

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