

MEMBERSHIP INFORMATION:

NAMI Payson is growing! Our goal is to have 1000 members actively bucking stigma, increasing awareness and helping people in our community connect to programs and services.

You can help by joining NAMI PAYSON today. Open Door Membership for students and people with low income is just \$5 a year. Individual membership is \$40 and Household membership is \$60. Make checks payable to NAMI PAYSON and mail along with your name and contact information to:

NAMI PAYSON
P.O. Box 364
Payson, AZ 85547

or join online at namipayson.org — just be sure to choose NAMI Payson.

Help us grow and serve our community with a tax-deductible donation today.



Be part of the voice for mental illness in Rim Country. Join NAMI Payson today!

Resiliency, Recovery, Wellness There is hope!



Many of our community's greatest social challenges often have ties to mental illness: substance abuse, incarceration, hospitalization, self-harm, suicide, family dysfunction, lost potential, and the list goes on.

By providing supports that help those in our community affected by mental illness, we improve the health of our entire community. Join NAMI Payson today!



2019 PROGRAMS

NAMI Payson provides education, advocacy and support for people affected by mental illness in Rim Country.

You are not alone!

(928) 301-9140

**namipayson@yahoo.com
namipayson.org**



What is NAMI?

NAMI Payson is an affiliate of The National Alliance on Mental Illness (NAMI), the nation's largest grassroots non-profit mental health organization whose goal is to improve the quality of life for people affected by mental illness.

As a nationwide coalition, NAMI encompasses more than 1,200 state and local affiliate groups. Members of NAMI include people living with mental illnesses, families, and friends.

NAMI Payson is a 501c3 organization that is 100% volunteer. NAMI Payson Members meet quarterly at the Rim Country Health Community Room. The public is welcome. We feature presenters who teach us about resources in our community. See namipayson.org for more information.

DATE	TOPIC
3/06/19	Homeless in Rim Country
6/05/19	Opioid Overdose Prevention
9/04/19	Making Sense of the Mental Health System
11/06/19	Helping Our Veterans



**Bucking stigma in
Rim Country**

Peer Programs

for adults with mental illness

Connections – twice a month

Connections Recovery Support Group is facilitated by trained peers living in recovery. The group meets the first Friday and third Monday of each month at the United Methodist Church from 5-6:30 PM.

Peer to Peer Education

8/20/19-10/22/19 6-8 PM

This free 10-week recovery education course meets on Tuesdays, from August 20th through October 22nd at Rim Country Health. This class offers a holistic approach to recovery through a combination of lecture, discussion, interactive exercises and stress management techniques. Registration is required.

Presentations

for Community Members

In Our Own Voice

In Our Own Voice is a powerful presentation for community groups and agencies that provides insight into what it's like to live with mental illness and the hope of recovery. Contact NAMI Payson to schedule a presentation.

The Power of Support

This presentation explains the role of NAMI's programs in our community and the inspiring outcomes related to support.

Call or email NAMI Payson to schedule a presentation for your group.

Family Programs

for family members of adults and children with mental illness

Family Support Group –monthly

A monthly support group for family members and close friends of people with mental illness. The group meets the 2nd Thursday of each month at the Community Presbyterian Church from 6-7:30 PM.

Basics Education

02/05/19-03/12/19 6-8:30 PM

A free 6-week course that meets Tuesdays for parents and guardians of children and adolescents who are experiencing symptoms of or have been diagnosed with a mental illness.

Homefront Education

4/09/19-05/14/19 6-8:30 PM

A free 6-week course that meets Tuesdays for family members and close friends of Veterans who suffer from mental health conditions such as PTSD and depression. Based on the Family to Family Education model. Tailored for families of Veterans. Registration is required.

Family to Family Education

8/12/19-11/04/19 6-8:30 PM

A free 12-week course that meets Mondays for family members and close friends of adults with mental illness that helps participants support their loved ones in recovery. Registration is required.

All NAMI Programs are FREE. Membership is not required to participate in programs.