

About NAMI

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

Please visit www.nami.org for information on illnesses, treatments, and research.



In Case of An Emergency

Call 911 if you or a loved one are in immediate danger. Notify the operator that it is a psychiatric emergency and ask for an officer trained to help people with a mental health condition. If you are in crisis or just need to talk about suicidal thoughts, call 1-800-273-TALK (8255), the National Suicide Prevention Lifeline, a 24-hour, toll-free, confidential hotline.

Contact

NAMI Midland
(989) 948 - 3273
namimidlandmi@gmail.com
Website
www.namimidland.org
Chapter President:
Marta Manning
manning.marta@gmail.com

Community Mental Health
989.631.2320



National Alliance on Mental Illness

Midland County



You Are Not Alone
Information and support
for those dealing with
mental illness

www.namimidland.org

What Is Mental Illness?

Mental illnesses are medical conditions that regularly disrupt a person's thinking, feeling, mood, and ability to function or relate to others. They are due to neurologic dysfunction, not character weakness or poor upbringing.



What Does It Do?

Untreated mental illness can destroy lives. It leads to broken families, lost jobs, arrests, disability, substance abuse, and suicide. Unfortunately, only about half the people with a mental illness receive treatment. Many don't even know they are sick.

Please Join Us

Here at NAMI Midland we host a monthly support meeting the second Monday of each month at 7pm at the Midland County Community Mental Health Building at 218 Fast Ice Drive, Midland MI, 48642. We share information about resources and personal experience. We are also available by phone for individual help.



Find Help. Find Hope.

Who is Affected?

Mental illness is very common. It can affect people of any age, gender, ethnic, or economic group. 50% of cases begin by age 14, and 75% by age 24. 1 in 5 adults experience some form of mental illness in a given year.



Treatment and Support

Most mental illnesses can be treated with a combination of medication, psychotherapy, and social support.

Recovery is possible.

