




May is
**Mental
Health**
Awareness Month

Cure
Stigma.



NAMI
National Alliance on Mental Illness

Clackamas

10202 SE 32nd Ave #501, Milwaukie, OR 97222 503-344-5050 WWW.NAMICC.ORG

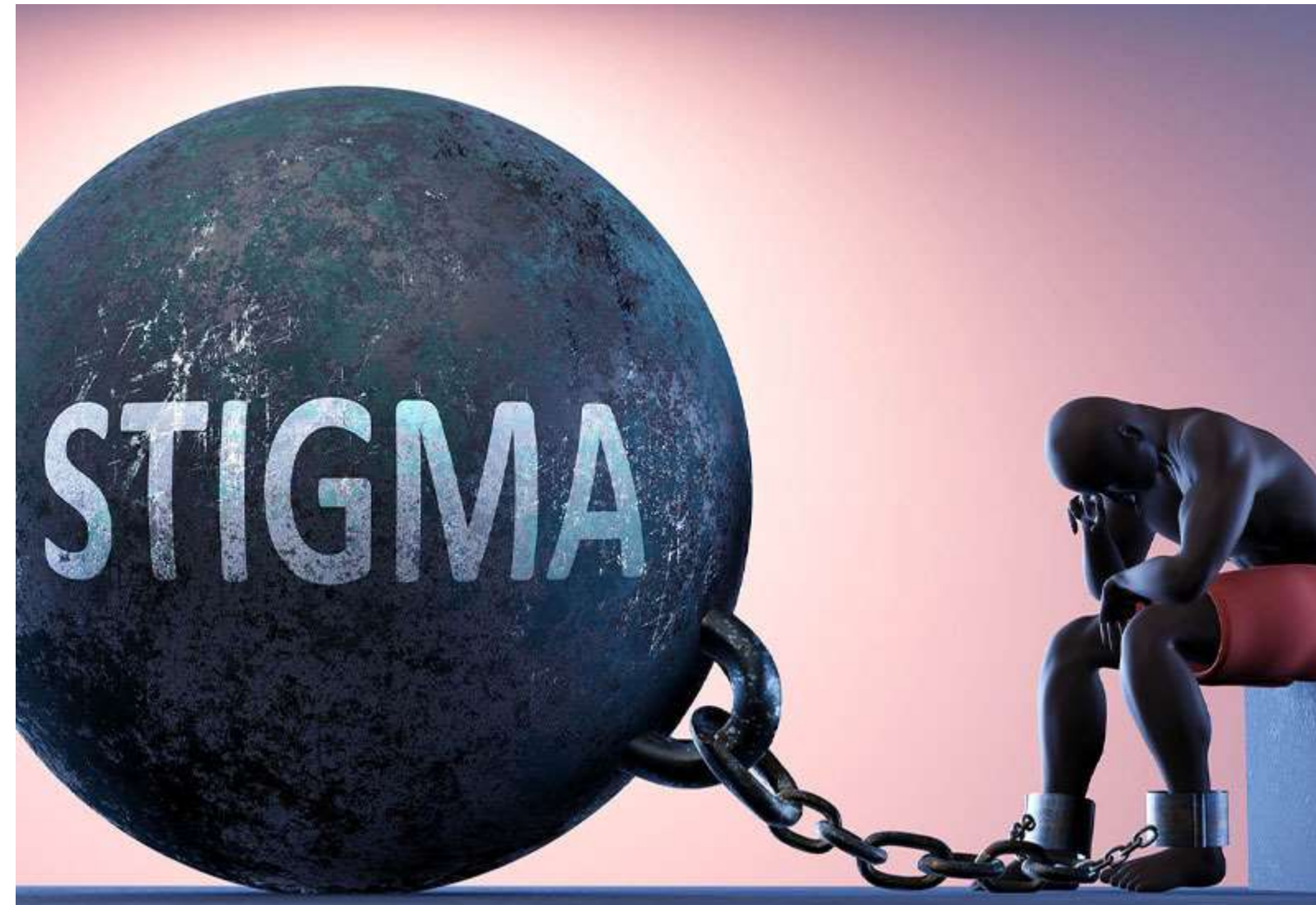


**What's the AVERAGE
time between someone
suspecting they have a
mental health condition
and seeking treatment
for it?**



**** 11 YEARS****

That's STIGMA!





What's the cure?

**Education & Peer
Support!**

NAMI CLACKAMAS CLASSES



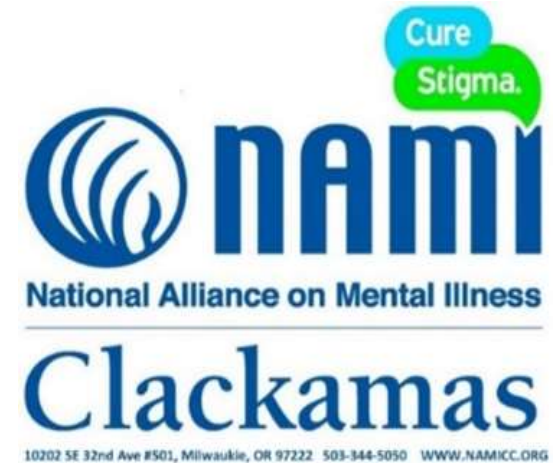
8-week Peer-to-Peer classes for adults with mental illness looking to better understand their condition and journey toward recovery



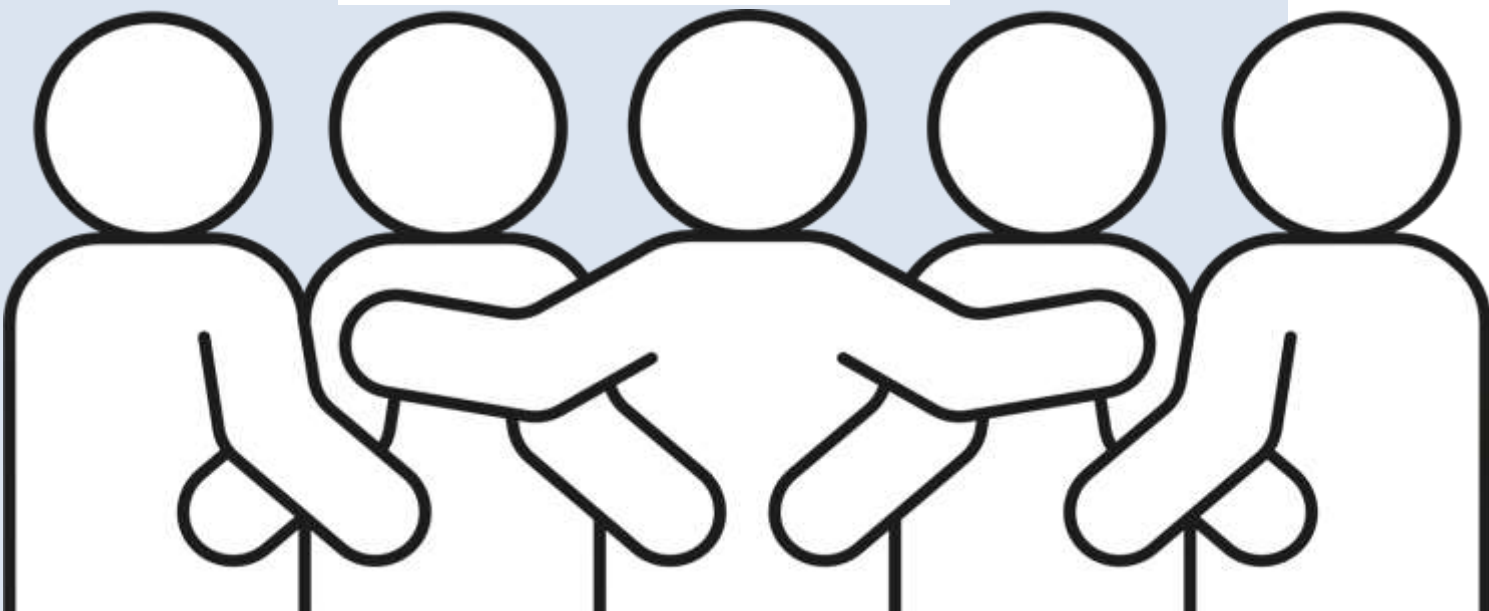
8-week Family-to-Family classes for family, significant others, and friends of people with mental illness



6-week NAMI Basics class for parents, guardians, and others who care for youth



NAMI CLACKAMAS SUPPORT GROUPS



Three weekly **Connection Peer Support Groups** for individuals with mental illness

One weekly + one monthly **Family Support Groups** for those who care about someone with mental illness

(2) FAMILY BOOK CLUBS monthly

SPANISH weekly Support Group & monthly Book Club

LGBTQIA2S+ weekly Support Group

WOMEN-ONLY bi-weekly Support Group

ART with HEART bi-weekly Support Group

GAMES weekly Support Group

Suicide Bereavement Group bi-weekly for survivors left behind after a suicide

Compassionate Friends monthly family support after the loss of a child.

MENTAL HEALTH & JUSTICE SYSTEM

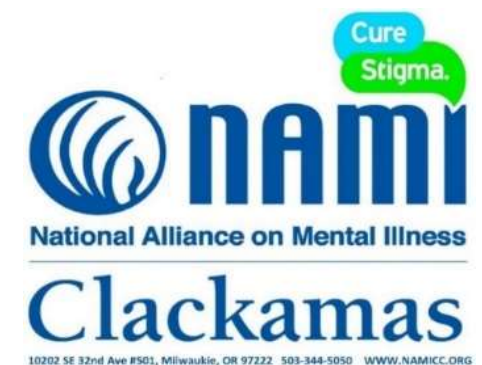


www.namicc.org

Support for Adults in Custody.

Mental Health Education Classes &
Support Groups for Adults in
Clackamas County Jail

Weekly volunteers in Mental
Health Courts to provide resources
for family members



NAMI CLACKAMAS ONE-ON-ONE PEER HELP



Peer Support Specialist staff provide one-on-one support (in person, Zoom, or phone) to help those impacted by mental illness connect to needed resources such as housing, health coverage, providers, transportation, and community resources.



**Self-referral
Form**

COMMUNITY PRESENTATIONS

- **In Our Own Voice** presentations to educate our community about mental illness and that recovery is possible.
- **Mental Health Matters** presentations to civic clubs, faith communities, neighborhoods, and other groups.
- **Ending the Silence** presentations to middle & high school students to dispel stigmas, teach about signs, symptoms, and action steps.
- **Question, Persuade, Refer (QPR)** crisis intervention and suicide prevention tools & techniques.

NAMI

CLACKAMAS

FREE

PRESENTATIONS



**NAMI
CLACKAMAS:**

**BARRIER-
FREE**



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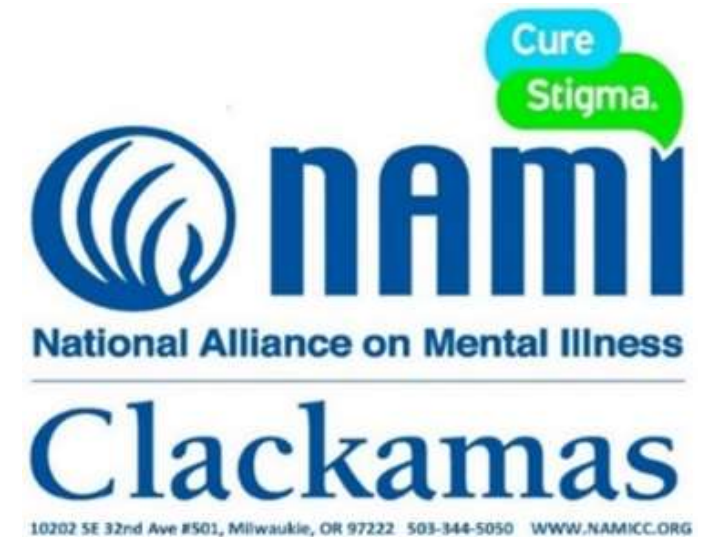
DIAGNOSIS

REFERRAL

O

INSURANCE

COST



NAMI CLACKAMAS: SUPPORT OUR MISSION



Stand-Up(s) Against Stigma Comedy Night

Friday, March 13th – Milwaukie Community Center

NAMI Walks

Saturday, May 16th – Peninsula Park

Party with a Purpose Gala

Thursday, September 17th – Gray Gables Estate

Champions Circle

Monthly financial support



ON SALE NOW!!!



CLACKAMAS
REPERTORY
THEATRE

THEATRE NIGHTS! **June 25 | December**

Thanks to Clackamas Repertory Theatre
AND Stumptown Stages...



ALL OF THE TICKET REVENUE

goes to us!!

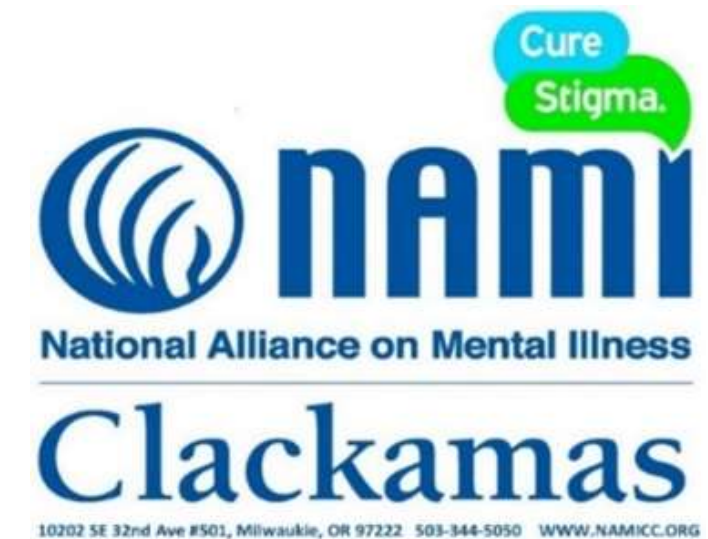


OUR VOLUNTEERS ARE AMAZING!

- Teach
- Facilitate
- Serve
- One-time, short-term, or long-term



To volunteer, contact volunteercoor@namicc.org





Questions?



<https://tinyurl.com/NAMICCNews>

