



May 2023 is
Mental Health
Awareness
Month

Cure
Stigma.



National Alliance on Mental Illness

Clackamas

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



Every year:

1 in 5 adults experience a mental health disorder

1 in 15 experience both a substance use and

mental health disorder. More than 12 million had serious thoughts of

suicide. One suicide death occurs every 11.5 minutes

Here in Clackamas

County:

The national suicide rate is 13.8 deaths per 100,000 Population per year

Oregon ranks 38th in the country at 18.3 deaths per 100,000

Population

Clackamas County suicide rate is 18.8 deaths per 100,000

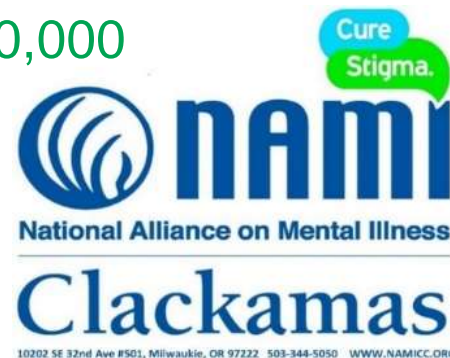
Population

12th leading cause of death

overall

2nd leading cause of death in 15-24 year

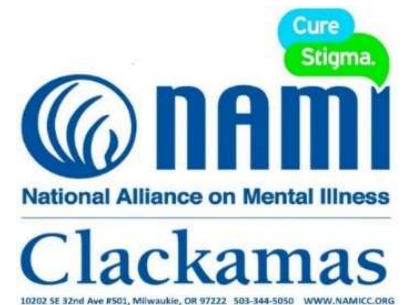
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Peer support changes lives.

NAMI Clackamas is a grassroots, non-profit organization dedicated to improving the quality of life for everyone impacted by mental health through **education, support, and advocacy**, offered free of charge, and delivered for and by people with lived experience **since 1978.**



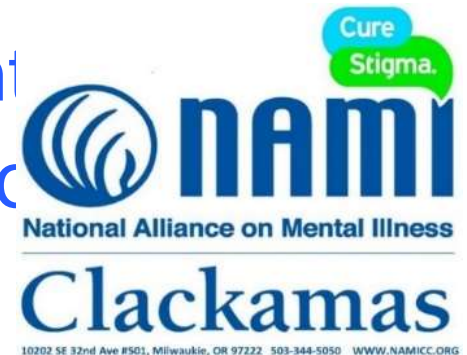
NAMI CLACKAMAS: FREE CLASSES

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 young people



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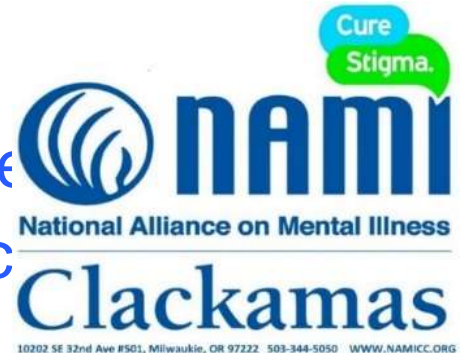
NAMI CLACKAMAS: FREE PRESENTATIONS

In Our Own Voice presentations to educate our community about living with mental illness and share that recovery is possible

Mental Health 101 presentations to civic clubs, faith communities, neighborhoods, and other groups

Lunch & Learn mental health presentations to inform businesses and their employees

Ending the Silence presentations to middle high school students to dispel stigmas, teach about signs, symptoms, and action steps



NAMI CLACKAMAS: FREE SUPPORT GROUPS

Three weekly **Connection Peer Support Groups** for individuals w/ mental illness

Three monthly **Family Support Groups** for those who care about someone with mental illness



One weekly **Open Minds Art Studio**, a casual arts and crafts group for anyone impacted by mental illness

One biweekly **Suicide Bereavement Group** for survivors left behind after a suicide

NAMI CLACKAMAS: FREE ONE-ON-ONE PEER HELP

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



“Good things happen when people in crisis meet people who have been there.”



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