

Why NAMI San Diego?

NAMI San Diego is a nonprofit, grassroots, self-help, support and advocacy organization of clients, families, friends of people with severe mental illnesses.

NAMI support groups are run effectively and respectfully.

- * Facilitators have been trained in the NAMI model.
- * Facilitators insure the group follows the basic rules, principles and time lines.
- * All information is confidential and kept within the group.

One of the most important benefits of a support group is finding someone to talk to when things get rough. When a person joins a NAMI Support Group, they will be introduced to other members who are willing to call with reminders of meetings and talk between meetings. For a person in crisis, this is an extra source of support.

A NAMI Friend is someone who exemplifies the core traditions of the NAMI mission of support – willingness to be available to members in need, capacity to listen with empathy, and ability to connect people to services that will assist them.

Where are NAMI Family Support Groups?

NAMI San Diego offers many support groups throughout the county. Because of the variety of locations, please call the NAMI office and a volunteer can direct you to the group that is most appropriate for you.

What Types of Support Groups are Available?

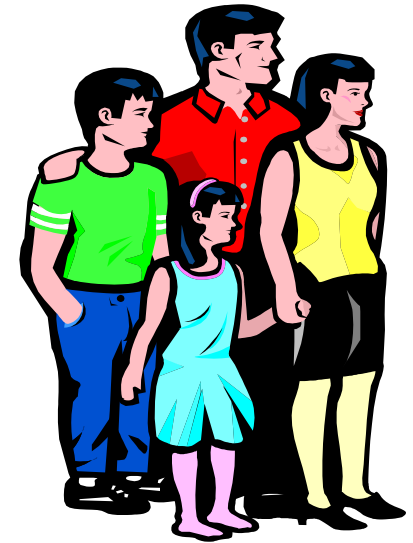
- * Spanish speaking groups.
- * Siblings and adult children of people with mental illness.
- * Parents and friends of adults with mental illness.
- * Parents and caregivers of children 17 years and younger with mental illness.
- * C.A.R.E.—Consumers Advocating Recovery through Empowerment is open only to people with mental illness.

National Alliance on Mental Illness
San Diego's Voice on Mental Illness
4480 30th Street
San Diego, CA 92116



San Diego's Voice On Mental Illness

Support Groups



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San Diego, CA 92116

NAMI San Diego Helpline
(619) 543-1434
(800) 523-5933
www.namisaniego.org
information@namisd.org

What are NAMI Support Groups?

NAMI support groups are an important resource for families, friends, and consumers who live with severe and persistent mental illness in their daily lives.

Knowing that others have had the same experiences is a relief to families and consumers who have never spoken about mental illness to neighbors, friends, and often not even to their relatives. Learning that others have been able to work out some of the problems associated with mental illness can inspire new hope in the individuals who attend a support group.

Members of the group will come away with positive ideas for improving their situations. Trained facilitators will guide the group toward problem solving through shared experiences.

Support groups are kept small, 10 to 15 people and are led by trained facilitators.

Groups meet at a set time and place in order to make it easy for members to attend.

What is the Role of a Group Member?

- ★ To lend support through showing understanding and empathy.
- ★ To share insights about similarities or experiences.
- ★ To solve problems by using the combined wisdom of group members.
- ★ To celebrate good times and “be there” during bad ones.

More Benefits of Support

NAMI support groups provide different perspectives, resources and practical suggestions which are invaluable aids to a peer who is feeling stuck, hopeless and overwhelmed.

Groups provide great opportunities for learning new strategies and options for dealing with the day-to-day rigors of living with any mental illness.

Contact **NAMI San Diego Helpline** to find out how you can participate at (800) 523-5933 or (619) 543-1434.

NAMI Principles of Support:

- ★ We will see the individual first, not the illness.
- ★ We recognize mental illnesses are brain disorders that may have environmental triggers.
- ★ We aim for better coping skills.
- ★ We find strength in sharing experiences.
- ★ We reject stigma in ourselves and others.
- ★ We won't judge anyone's pain as less than our own.
- ★ We forgive ourselves and reject guilt.
- ★ We embrace humor as healthy.
- ★ We accept that we cannot resolve all of our problems.
- ★ We expect a better future in a realistic way.
- ★ *We will never give up hope!*