



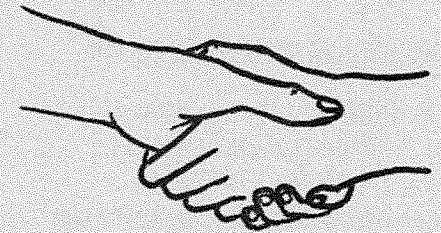
NAMI Texas Panhandle

National Alliance on Mental Illness

The local affiliate of the National
Alliance on Mental Illness

Find Help.

Find Hope.



Call (806) 570-7356.

Find us on Facebook at

www.facebook.com/NAMITexasPanhandle



Texas Panhandle

We are:

A nonprofit coalition whose membership consists of and is open to families with a member living with mental illness, individuals living with a mental illness, and interested friends.

NAMI members unite to help each other COPE with mental illness, EDUCATE the public and ourselves, ADVOCATE for mental health services, and SUPPORT research into causes and treatments of mental illness.

NAMI Texas Panhandle is an affiliate of the National Alliance on Mental Illness (NAMI). Dues-paying members of NAMI Texas Panhandle receive educational information from the national, state, and local organizations.

LOCATION and CONTACT INFO:

1401 S. Polk St., Room 105 (in Polk St. United Methodist Church), Amarillo, TX, (806) 570-7356, namitexaspanhandle@gmail.com

*Most meetings and classes are held here. Call or check our Facebook page for times.



Mental Illness/ Neurobiological Disorder (NBD)

Mental illness is a physical illness of the brain now more commonly called a neurobiological disorder (NBD). Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan. A treatment plan might include medication, counseling, and family, peer, and community support.

MENTAL ILLNESS / NEUROBIOLOGICAL DISORDER

- Occurs in all classes, ethnic, and national groups worldwide
- Affects up to 1 in 5 people
- Occupies more hospital beds than any other physical illness
- Often co-occurs with substance abuse
- Can and does improve with proper treatment, rehabilitation, and support
- Continues to be medically under-served, scientifically under-researched, and widely misunderstood



WE PROVIDE:

1) Support Group Meetings

4th Saturday of the month, 2-3 p.m.:

NAMI Monthly Meetings for family members of individuals living with mental illness, individuals living with mental illness, and interested friends. We offer support and help with resources, as well as speakers on mental health-related topics.

Each Tuesday from 1-2:30 p.m.:

Connection Recovery Meetings for individuals living with mental illness. These weekly peer support groups are led by trained individuals who are living in recovery from their mental illness. They offer valuable support and guidance. **4th floor of Polk St. Methodist Church**

1st Monday of the month, 6-7:30 p.m.:

Family Support Group Meetings for family members and loved ones of those living with mental illness. These monthly support groups are led by trained individuals who have loved ones with mental illness. They offer valuable support and guidance.

2) Free Classes and Seminars

Family-to-Family Classes and Family & Friends Seminars (Fall and Spring)

Family-to-Family consists of 12 weekly classes taught by trained family members of individuals living with mental illness. Family & Friends is a 4-hour condensed version. Both educate family members about mental illness and provide them with tools and resources to help their loved ones and also take better care of themselves.

3) Community Presentations

In Our Own Voice

Presentations by those in recovery from mental illness to educate community members about mental illness.

Call (806) 570-7356 for more information.