



Find Help. Find Hope.

www.nami.org

NAMI– Lewis County

Mental Illness is Prevalent

Mental illness affects everyone. Nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in four adults and one in 10 children across the United States.

People living with mental illness need help and hope: they need a community that supports them, their families and their recovery.

Because mental illness devastates the lives of so many Americans, NAMI works every day to save every life.

What is NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

Support Groups in Lewis County

Educational Support Group to learn about variety of topics: 1st Tuesday of each month, 6-7:30 p.m., Chehalis Public Library (open meeting). Everyone is welcome! Contact: Sherry, 360-880-8070.

Family Support Group for family, caretakers, and friends of persons with mental illness. **Evening Group:** 3rd Tuesday of each month, 6-7:30 p.m., Chehalis Public Library. Contact: Klaus & Marianne, 360-736-5319. **Daytime Group:** Every Wednesday, noon-1:00 p.m., Fiddlers Coffee, 1220 Mellen St, Centralia, Upstairs Room. Contact: Diane: 253-273-6035.

Connections Recovery Support Group for adults with a mental illness, regardless of their diagnosis. **Evening Group:** Every Tuesday, 5:30-7p.m., Twin Cities Senior Center (2545 N. National Ave. Chehalis). Contact: Debbie, 360-324-2541. **Daytime Group:** every Thursday, 2-3:30 pm, Centralia United Methodist Church (506 S. Washington Ave, Centralia, in the Mary Room). Contact: Melissa, 253-736-2073.

NAMI Family to Family Education Program: A free 12-session course for family, caregivers, and friends of individuals with severe mental illness. Classes TBA. Contact Sherry, 880-8070 for more information and next scheduled course.

For more information about any local NAMI meetings, please contact: Sherry Palmer, 880-8070