

Emergency Protocol: Those exhibiting psychotic behavior or appear to want to hurt others or themselves, may warrant crisis intervention. **Call 911 for all mental health/psychiatric emergencies, specifying that “this is a mental health crisis. Please send a trained officer”.** An evaluator will assess if the person should be admitted into the hospital.

RESOURCES

Statewide

- The Intensive Family Support Services (IFSS) is NAMI's partner. Staffed by mental health professionals, IFSS provides free, in-depth help to families affected by mental illness.
- Program for Assertive Community Treatment (PACT) offers comprehensive psychiatric treatment and rehabilitation for those people who have experienced repeated involuntary hospitalizations

Atlantic County

- AtlantiCare Regional Medical Center- Atlantic City campus 609-345-4000
- Crisis Intervention 609-344-1118
- Psych Unit 609-652-1000
- AtlantiCare Behavioral Health, Inc.
Provides full range of mental health outpatient services: psychiatric evaluations/medication monitoring, partial day program, out-patient therapy
- Access Center—New patients (866) 604-5506 6010
- Ancora State Psychiatric Hospital 609-561-1700
- IFSS/Mental Health Association (MHA), Galloway, NJ 609-652-3800
- Program for Assertive Community Treatment (PACT):
Team A 609-404-1974 Team B 609-404-9268
- Family Services Association 609-569-0239
- Jewish Family Services 609-569-0239
- Vocational Rehabilitation 609-813-3933

Cape May County

- Cape Regional Medical Ctr., Psychiatric Screening Center
2 Stone Harbor Blvd., Cape May Court House, NJ 08210
- Cape Counseling Services, Cape May Court House, NJ 609- 465-4100
Provides full range of mental health outpatient services:
psychiatric evaluations, medication monitoring, partial day program, out-patient therapy
- Program for Assertive Community Treatment (PACT) 609-8990
- IFSS 609-465-4100
- Legal Assistance: 609 465-3001 Help with social security disability applications and criminal justice systems

For more information on county resources, go to www.namiac.org web-site

DID YOU KNOW.....

Mental illnesses are disorders of the brain that disrupt a person's thinking, feeling, moods, and ability to relate to others.

Mental illnesses affect one in five families. Five million people in the U.S. alone suffer from a serious chronic brain disorder such as schizophrenia, bipolar disorder, or major depression.

Mental illnesses also occur with other disorders. Approximately half of adults with mental illness experience substance abuse disorders.

Mental illnesses are no-fault brain diseases. They are not caused by personal weakness, lack of character or poor up-bringing.

Mental illnesses are treatable. Treatment success rate for schizophrenia is 60%, compared with 41-52% for heart patients.

There are more people with serious mental illnesses in the jail system than in psychiatric hospitals; one-third of U.S. jails incarcerate people with these diseases who have no charges against them but are merely waiting for a psychiatric evaluation or the availability of a psychiatric hospital bed.

Despite media focus on exceptions, individuals receiving treatment are no more prone to violence than the general public.

The majority of people with these brain diseases live with their families due to shortage of appropriate housing options.

Depression is more widespread than coronary disease (7 million); cancer (6 million), and AIDS (200 thousand).



National Alliance on Mental Illness

Find Help Find Hope. You are Not Alone.

ATLANTIC/CAPE MAY

*Serving Atlantic and
Cape May Counties*

**Dedicated to Improving
the Lives of Those
Affected by
Mental Illness**

NAMI ATLANTIC/CAPE MAY

P.O. Box 1557

Absecon, New Jersey 08201

WEBSITE: <http://www.namiac.org>

E-Mail: nami1557@comcast.net

609-741-5125

Established in 1986



Our mission: Educate, advocate and support those affected by mental illness in every community throughout the nation. They are families challenged by the disabling nature that mental illness has on their loved ones, and those struggling with the disease itself. Mental illness can occur simultaneously with substance abuse and is a brain disorder.

Please review the programs and services listed below that have reached Atlantic/Cape May residents since our modest beginning in 1986.

Programs and Services-Free, unlimited, transformative: Family extends to anyone who is caring for or involved with a mentally ill individual. All are welcome whether loved ones have a psychiatric diagnosis. Unfortunately, many mentally ill people will not see a doctor because they do not believe they have an illness.

Family Support Group: Self-help, peer-led meetings address the needs and concerns family members have regarding their mentally ill loved ones. Break the isolation and stigma from suffering alone! Find on-going support as your loved one may relapse and celebrate the progress of recovery.

Family to Family Education Program: An 8-week course helping families and significant others cope more effectively with the disease, the mental health system and find support for themselves. Learn how your loved one can accept help for a sustained recovery. Discover the miracle of how your own self-care helps heal your loved one.

Connection Support Group: Self-help, peer led meetings offer support and friendship to those facing the challenges mental illness presents in everyday life. Recovery is on-going and, this group encourages the adoption of those vital activities.

In Our Own Voice: An insightful look at the journey men and women affected by mental illness have taken on their road to recovery. The program is delivered by those facing the challenges of living with mental illness in an interactive format. It can be presented to organizations of lay people, students and professionals.

Community/Health Fair Events: We participate in various community events and health fairs to distribute our message, share information and broaden our network of supporters.

Advocacy: Family members are trained to advocate for their loved ones when services are denied or poorly delivered. NAMI Atlantic/Cape May has helped improve the County and State service delivery system and legislative initiatives, participating in several influential boards and Ancora State Hospital.

Membership counts! We ask that you become a paid member of NAMI. Our political clout is evaluated by the number of paid members and helps fund our work. See the membership application in this brochure.

Visit our website, www.namiac.org for information on programs, services and volunteer opportunities.

Monthly Support Meetings

In response to COVID 19 meeting guidelines, our safety and the safety of others, in-person Support Group Meetings have moved on-line to the ZOOM platform.

You can participate through the Internet or by phone.

Check www.namiac.org for specific programs, dates and ZOOM connection information. Or, call 609-741-5125.

Family Support Group

Meets the 2nd Monday of the month from 7-8:30 PM

- A self-help, peer-led group of family members, friends and caregivers of adults struggling with mental illness, and in many cases, with loved ones who have co-occurring addiction disorders.
- Run by NAMI trained facilitators.

Connection, Peer Support For Adults With Mental Health Issues

Meets the 1st and 3rd Monday of the month from 7-8:30 PM

- Find friendship and understanding in this peer led support group facilitated by a NAMI trained member.

Mental Health Education

Meets the 4th Monday of the month 7-8:30 PM

- Experts offer information, resources and coping skills strategies on various topics.

Make A Donation

We are committed to the journey of eliminating the unjust stigma associated with mental illness. We welcome diversity and inclusiveness. Dealing with mental illness is not easy - not for the person with the illness, nor for the people in their life. Our programs give many people hope for the first time. Our programs are free to participants, and your tax deductible donation will help with our expenses for support groups, volunteer training, community outreach, advocacy, and public education. Help strengthen our presence in Atlantic and Cape May counties. Your donation will allow us to continue to reach out to those in need.

To donate, go to: www.namiac.org/donate Or, mail your check to: NAMI Atlantic/Cape May, PO Box 1557, Absecon, NJ 08201 Thank you for your generosity and compassion.

NAMI

ATLANTIC/CAPEMAY

The Family Voice on Mental Illness

APPLICATION FOR MEMBERSHIP

To apply on-line, go to
www.namiac.org/memberships

Name: _____

Address: _____

Cell _____

Land Line _____

E-mail _____

This must be completed or your membership cannot be processed. Call 609-741-5125 if you do not have an email address.

TYPE OF MEMBERSHIP

_____ Household - \$60

_____ Individual - \$40

_____ Open Door - \$5

Membership includes:

NAMI Atlantic /Cape May membership and newsletter.

NAMI New Jersey membership and newsletter.

NAMI membership and newsletter, "Advocate."

Access to current information on research, medications, legislation, advocacy projects, anti-stigma activities, conferences, and more.

Please mail your check payable to:

NAMI Atlantic/Cape May

P.O. Box 1557

Absecon, New Jersey 08201

(609) 741-5125

E-mail: nami1557@comcast.net