

### What is mental illness?

Mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning, often resulting in a diminished capacity for coping with the ordinary demands of life.

### Who can be affected by mental illness?

Mental illness can affect persons of any age, race, religion or socioeconomic status. One in four adults experiences a mental health disorder in a given year.

### How do I know if I or someone I love have a mental illness?

We all experience ups and downs in life. However, if your symptoms persist over time, they may be related to a mental illness. Your health care professional can help you find out. Call your doctor or a mental health professional if you are concerned about:

- Feeling alone
- Feeling worried, guilty or sad
- Being unable to enjoy activities
- Having trouble sleeping
- Changes in behavior
- Thoughts of hurting yourself or others
- Symptoms getting in the way of life

### What does NAMI offer?

NAMI offers an array of free peer education and support programs to help individuals living with mental illness and their families. NAMI offers help and a sense of community for parents, caregivers, veterans, health care providers and persons living with mental illness.

Contact us to find out more about support, education and advocacy:



1600 West 2200 South Suite 202  
West Valley City, Utah 84119  
(801) 323-9900  
toll-free (877) 230-6264  
E-mail: [education@namiut.org](mailto:education@namiut.org)  
Web site: [www.namiut.org](http://www.namiut.org)

### NAMI Utah Mission Statement

NAMI is the National Alliance on Mental Illness. NAMI Utah's mission is to ensure the dignity and improve the lives of those who live with mental illness and their families through support, education and advocacy.

**Treatment works, recovery is possible,  
there is hope, you are not alone!**

The photos in this publication are of models and are used for illustrative purposes only.



Help Hope Healing

*Feeling Alone?  
Confused?  
Overwhelmed?*

*NAMI Offers Help  
and Hope!*



## Why NAMI?

### Life can be challenging...

Especially if you or a loved one are dealing with depression or other kinds of mental illness. But there is hope. At NAMI Utah, you will find free support, education and advocacy. We are here to listen. We are here to help. Here are some of the programs you will find at NAMI:

### Education and Support Programs for Families

**Family-To-Family** – A free 12-week course by trained family members which offers education and support to those who have a loved one with a mental illness.

**Family Support Groups** – A free support group for family members and friends looking for support from those who understand.

**NAMI Basics** – A free 6-week course for parents and caregivers of children/adolescents with mental health issues looking for information on how to best help and support their child.

**Mentoring Program** – A free service providing families a peer who can listen, empathize, and connect them to valuable education/support programs and community resources.

### Programs and Support for Individuals

**BRIDGES** – A free, 12-week, peer-led education course taught by trained individuals who can speak from personal experience.

**Connection** – A free, weekly recovery support group for adults with mental illness where people learn from one another's experiences, share coping strategies and offer encouragement.

**Mentoring Program** – A free service providing those living with mental illness and their families a peer who can listen, empathize, and connect them to valuable education/support programs and other local resources.

**Progression** – A free 6-week education/support group for youth ages 13-18 who are living with mental health issues. It is a safe place to learn about illness, recovery, roadblocks, and valuable skills.

The NAMI Utah **Artists' Project** encourages recovery and self-empowerment through self-expression, assisting artists with mental illness to display and market their art in the community.

I wish I'd known about this seven years ago when the problem began. [The teachers] were heaven sent. I felt safe in this class. I was able to talk about things I haven't been comfortable expressing elsewhere.  
–Family-to-Family class participant



### Education and Support Programs for the Community

**Hope for Tomorrow** – A free education program offered to schools with components for students, teachers, and parents. The goals are to raise awareness of mental illness, erase stigma, and foster hope.

**Parents & Teachers as Allies** – A free 2-hour faculty in-service offered to all schools as a part of Hope for Tomorrow.

**Clergy and Provider Trainings** – Trainings for clergy members and professionals on mental illness from those who are living with it. Information includes suggestions on offering support, and resources available in the community.

**Community Partners** – NAMI Utah works closely with community organizations to advocate for individuals and families living with mental illness, and to improve our systems of care.



Call toll-free (877) 230-6264

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