

NAMI OC WarmLine

The WarmLine is a confidential 7-day a week telephone support service. This service is for anyone who has concerns about mental health, substance abuse, is lonely or confused, or needs information about available mental health services. To contact the WarmLine:

Call:
714-991-6412
877-910-9276

Or LiveChat with a mentor:
www.namioc.org

Monday-Friday 9:00 am - 3:00am
Saturday-Sunday 10:00 am - 3:00am

NAMI education programs, support groups and community outreach presentations teach valuable information that promotes awareness and provides participants with the knowledge and insight to live with mental wellness. Classes and support groups offer an opportunity to share the learning experience with others living similar experiences in a confidential setting. Hosting or attending outreach presentations allows the community to better understand mental illness and how it affects us all.

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Please contact us if you are interested in any of our available services or programs:

Family Support Programs

Family to Family Education Course
Basics Education Course
Support Groups for family & friends

Peer Support Programs

Peer to Peer Education Course
Connection Support Group

School Outreach Programs

Ending the Silence
Parents & Teachers as Allies

Community Presentations

In Our Own Voice

Community Education

Provider Course
FaithNet

Community Events

Outreach Events/Stigma Reduction
NAMIWalks

Additional Resources

Visit our website for information about mental health treatment, housing, Social Security, local resources and supportive services.

www.namioc.org



Community Education Programs & Presentations: Learning about Mental Illness

NAMI Orange County
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Website: www.namioc.org

NAMI Orange County is a charitable,
501(c)(3) tax-exempt corporation
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affiliated with NAMI California,
and NAMI.



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Raising Awareness and Reducing Stigma Through Community Education

Despite gains in treatment and opportunities for recovery, coping with the challenges of living with mental illness can be difficult. NAMI Orange County continues to reach out to the community in order to raise awareness and reduce the stigma that prevents individuals and families from seeking help. The unique perspective of our programs allows the community to hear first hand about the challenges and successes of living with this illness.

NAMI outreach presentations, school programs and professional courses are all based on a national curriculum, are led by trained presenters and are offered at absolutely no cost. All NAMI Orange County presentations are designed to provide information and improve communication about a subject that impacts everyone. Mental illness is at every workplace, every school, every event. How we choose to acknowledge the prevalence and resolve the issues it creates is everyone's responsibility.

NAMI Orange County presentations are given to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates and interested civic groups.



In Our Own Voice

The In Our Own Voice presentation demonstrates how individuals with severe mental illness experience recovery. The program is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. Each program presenter has been through training to translate the story of his or her own struggles and successes. Audience members are encouraged ask questions because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

Provider Education Course

The Provider Course offers mental health workers and professionals a rare personal view of the lived experience of mental illness. Taught by trained clients and family members, this program leads providers to a better understanding of this challenging human story, and prepares them to work collaboratively with clients and families to foster recovery.

FaithNet

NAMI FaithNet is an information resource for clergy and congregations of all faith traditions working together to create welcoming and supportive faith communities for individuals and families living with mental illness. Through education, congregations can offer caring, understanding and support that promote healing and recovery.

Ending the Silence

Ending the Silence is a 50 minute program designed for high school audiences and is typically presented in the freshman/sophomore health classes during the mental health portion of the curriculum. This transformational program is delivered by a two person team including a presenter who shares their own journey with mental illness. Students learn symptoms and indicators of mental illness and are given ideas about how to help themselves, friends or family members who may be in need of support. The goal of this program is to create a generation of students that are well positioned to eradicate the stigma associated with mental illness through education and advocacy.

Parents and Teachers as Allies

Parents and Teachers as Allies is a two hour , in-service program that helps school professionals and families better understand the early warning signs of mental illness in children and adolescents. It helps with understanding how best to intervene so that youth with mental health treatment needs are linked with services. Mental health is essential to learning. Students with mental illness have the highest drop-out rates of any disability group. Parents and Teachers as Allies helps schools meet their academic objectives and the needs of students with mental illness so they can improve their academic achievement.