

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 and support groups teach the knowledge and skills that family members need to cope more effectively, and provides an opportunity to attend classes or groups with others living similar experiences in a confidential setting. Participants will gain insight into how mental illness effects relatives and how families can become advocates for better treatments for their loved ones. Learning to cope with worry and stress and how to focus care on all members of a family is an important step in achieving and maintaining mental health.

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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 and 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, housing, Social Security, local resources and services.

www.namioc.org



Programs and Services

For

Family and Friends

NAMI Orange County
1810 East 17th Street
Santa Ana, CA 92705
Phone (714) 544-8488
Fax (714) 544-0791

Email: info@namioc.org
Website: www.namioc.org

NAMI Orange County is a charitable,
501(c)(3) tax-exempt corporation
(Tax ID # 95-3726369)
affiliated with NAMI California,
and NAMI.



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Education and Support for Families

Despite advances in treatment and opportunities for recovery, coping with the challenges that many people encounter in caring for a relative or friend with mental illness can be difficult.

NAMI education and support programs allow families to connect with one another, learn about mental illness and empower themselves to overcome new challenges. Courses are based on a national curriculum and are taught by trained parents or other primary caregivers who have lived through similar experiences within their own families.

Scientific evaluation of the effectiveness of NAMI's family education and support programs has found that participants gained a greater understanding of mental illness, improved coping skills, worried less, and felt newly empowered to advocate for better treatment and services for their relative.

No registration is required for support group attendance. Registration is required for education classes.

All Services are free.



Family to Family Education Course

The NAMI Family-to Family education course is a 12 week program for families and friends of adults living mental illness including schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder. Course participants gain vital information, insights and understanding of their loved one that many describe as life-changing.

Family to Family provides caregivers with communication and problem solving techniques, coping mechanisms and the self-care skills needed to deal with their loved one's mental illness as well as it's impact on the family. Caregivers not only learn a wide range of information about serious mental illness, but they also learn to understand how living with these conditions affects their loved one.

The Family to Family education course is also taught in Spanish (Familia a Familia), Korean, Farsi, Vietnamese and Arabic.

Family Support Groups

In attending a NAMI family support group, families can join a caring group of individuals who can help one another through their learned wisdom. Families are no longer alone and have a renewed sense of hope for their loved one living with mental health challenges. NAMI family support groups foster group discussion and group interaction. No reservation is required for attendance.

Basics Education Course

The NAMI Basics course is specifically designed for parents and other primary caregivers of children and adolescents who are living with mental illness. Basics is a six week course and topics include:

- The trauma of mental illness for the child and the family
- The biology of mental illness: getting an accurate diagnosis
- Overview of treatment options
- The impact of a child's mental illness on the rest of the family
- Information about the systems that play a major roll in the lives of children and adolescents with mental illness – the school system and the mental health system
- Exposure to personal record keeping systems that have proven to be effective for parents/caregivers in their interactions with the school and healthcare systems
- Information on planning for crisis management and relapse

The Basics Education Course is taught in English.

Mano a Mano Education Course

The Mano a Mano course is similar to the Basics course but taught in Spanish and is a nine week course.