

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.namiooc.org

Monday-Friday 9:00 am - 3:00am

Saturday-Sunday 10:00 am - 3:00am

NAMI education programs and support groups teach those living with a mental health diagnosis valuable information and lead exercises in a confidential setting with others who are living similar experiences.

Classes and support groups promote self awareness, and participants gain knowledge, insight and coping strategies for living with their disorders.

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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.namiooc.org



Programs and Services For People Living With Mental Illness

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

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Website: www.namiooc.org

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



Education and Support for People Living with Mental Illness

Despite advances in treatment and opportunities for recovery, coping with the challenges that many people living with mental illness encounter can be difficult.

NAMI education and support programs allow individuals with a mental health diagnosis to connect with one another while learning information valuable to their recovery process.

Courses and support groups are based on a national curriculum, taught by trained peer mentors who have lived similar experiences. All courses and groups are confidential— you can share as much or as little personal information as you wish.

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

All presentations, classes and services are offered free of charge.



Peer To Peer Education Course

The NAMI Peer to Peer education course is a 10 week course for adults living mental illness including schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder. This course uses a combination of lectures, interactive exercises, and structured group processes to promote awareness, provide information and offer opportunities to reflect on the impact of mental illness on each participant's life.

Courses are taught by teams of trained "Mentors" or peer-teachers, who are themselves living well with mental illness.

Connection Recovery Support Groups

NAMI Connection is a recovery support group program for people living with mental illness. The groups are led by trained individuals who are in recovery themselves. The group leaders offer an environment of respect, understanding, encouragement and hope through first hand experience.

As is true with all NAMI support groups, participants can join a caring group of individuals and help one another through their learned wisdom. Individuals are no longer alone and they have a renewed sense of hope. No reservation is required for attendance of any NAMI led support group.

Finding Your Voice

NAMI Orange County continues to fight the stigma surrounding mental illness and to raise awareness of the limited resources and treatment options available. Part of our effort to make change is to present information to various community partners including law enforcement agencies, education institutions and places of worship.

Our programs "**In Our Own Voice**" and "**Ending the Silence**" are presented by individuals living with mental illness, providing a unique insight and perspective. "In Our Own Voice" presenters share their personal stories with the audience and "Ending the Silence" presenters are able to open a difficult conversation with high school students about mental illness. Both programs offer hope to the audience and give voice to those silenced by stigma.

Individuals living with mental illness can work towards peer mentorship of NAMI education courses, leading support groups and presenting to audiences in the community. Having a voice and being a part of the change in discussing mental health makes a difference and is empowering to everyone involved.

Contact NAMI Orange County if you or someone you know is interested in our classes, support groups, or community outreach. We also provide resource and referral information for mental health services including treatment, counseling, housing, and legal issues.