

Our Mission

NAMI Mid-Hudson
Serving families, friends and persons
living with a mental health condition
in Dutchess and Ulster Counties
in New York since 1981.

*NAMI advocates and provides access to
services, support, resources and is
steadfast in our commitment to raise
awareness and build a community of hope
for all of those in need.*

Specific Objectives Include:

- ADVOCATE** for and support individuals with
mental health conditions, family members
and their loved ones.
- ERADICATE** stigma.
- SUPPORT** research, causes and treatment, and
access to services regarding mental
health conditions.
- EDUCATE** the public about mental health conditions.
- WORK** to improve public and private
support systems for individuals
with mental health conditions.
- PROMOTE** NAMI Signature Programs and teach
NAMI Free Educational classes.



Support via Facebook
and Instagram

Everyday People



Mental Health Conditions Can Affect Anyone

Regardless of race, nationality, age, religion or economic
status, mental illness impacts the lives of at least one in
four adults and one in five children annually.

If you know someone who experiences...

- Anxiety Disorders • Panic Disorder
ADD/ADHD • OCD • Bipolar Disorder
Borderline Personality Disorder • Dual Diagnosis
Eating Disorders • Schizoaffective Disorder
Depression • Posttraumatic Stress Disorder
Schizophrenia • Other Conditions
- ...it's time to take action for individuals
and families living with mental health
conditions.
- ...it's time to provide support, educate our
peers and do our part.
- ...it's time to join.

You Are Not Alone



Find Help. Find Hope.



NAMI is the National Alliance on Mental Illness

We are the nation's largest grassroots
mental health organization dedicated
to building better lives for the
millions of Americans living with a
mental health condition and their
families.

We have been able to **help** our loved
ones on their roads to recovery, and
we have found **hope**.

We invite you to join us as friends and
to find that same **hope**.



(845) 206-9892
www.namimidhudson.org

The Right Help

A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.

Just as diabetes is a physical disorder with serious affects, mental illnesses are medical conditions that often result in diminished capacity for coping with the ordinary demands of life.

NAMI Mid-Hudson is an organization who subscribes to the Mission Statement of assisting families, friends and persons living with mental health conditions.

We are committed to the principles of education, empathy and empowerment.

Through these means we bring hope to those who live with mental health conditions.

Contact NAMI Mid-Hudson:
contact@namimidhudson.org



Making A Difference

NAMI Offers an Array of Support and Education Programs for Millions*



Family Support Groups

Family-to-Family Class

NAMI Basics Class

Peer-to-Peer Class

In Our Own Voice

NAMI Homefront

(Class for Families of Veterans or Military)

NAMI Connections Adult Recovery Support Group

Ending the Silence Presentations for Students, Staff or Families

**Programs vary by NAMI Affiliates*

Support NAMI Mid-Hudson



Ways to Show Your Support for NAMI Mid-Hudson

Become a Member

Learn About Mental Illness

Join a NAMI Education Class

Make a Donation to NAMI Mid-Hudson*

Follow NAMI on Facebook and Instagram

Join a NAMI Walk

*Only donations made to NAMI Mid-Hudson directly stay with the local affiliate to support Dutchess and Ulster counties.**

NAMI Mid-Hudson (The National Alliance on Mental Illness) offers FREE Educational Programs and Support Groups for parents, caregivers and families of children, adolescents and individuals that are affected by behavioral/emotional issues and/or mental health conditions in Dutchess and Ulster counties.

**100% of Donations made directly to NAMI Mid-Hudson support the Educational Programs. See website on how to donate.*