

Why NAMI Lane County?

NAMI Lane County is a nonprofit, self help support and advocacy organization of clients, families, and friends of people with severe mental illnesses.

NAMI support groups are run effectively and respectfully.

- Volunteer facilitators insure that the group follows the basic rules, principles and time lines.
- All information is confidential and kept within the group.

One of the most important benefits of a support group is finding someone to talk to when things get rough. When people join a NAMI Support Group, they will be introduced to other members who are willing to talk openly at meetings. For people in crisis, this is comforting support.

NAMI Lane County
2411 Martin Luther King Jr. Blvd.
Eugene, OR 97401
541-343-7688 phone
email: resourcecenter@namilane.org
website: www.namilane.org

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Things to Consider

- You cannot cure a mental disorder in a family member.
- Despite your best efforts, symptoms may get worse, or they may improve.
- It is as hard for the individual to accept the disorder as it is for other family members.
- You may learn something about yourself as you learn about a family member's mental illness.
- Your family members are entitled to their own life journey, just as you are.
- Separate the person from the disorder.
- Don't forget your sense of humor.
- Reasoning does not work well with one who is delusional.
- It may be necessary to revise your expectations.
- After denial, sadness, and anger, comes acceptance.
- Understanding leads to compassion.
- It is important to set reasonable boundaries and to set clear limits.
- Strange behavior is a symptom of the disorder. Don't take it personally. No one is to blame.



Your local voice for mental health.



 **NAMI**
**National Alliance
on Mental Illness
Support Groups**

(541) 343-7688

The mission of NAMI Lane County is to improve the quality of life of persons with mental disorders and of their families through support, education and advocacy.

What are NAMI Support Groups?

NAMI support groups are an important resource for families, friends, and individuals who live with severe and persistent mental illness in their daily lives.

Knowing that others have had the same experiences is a relief to families and consumers who have never spoken about mental illness to neighbors, friends, and often not even to their relatives. Learning that others have been able to work out some of the problems associated with mental illness can inspire new hope in the individuals who attend a support group.

Members of the group will come away with positive ideas for improving their situations. Trained volunteer facilitators guide the group toward problem solving through shared experiences.

Groups meet at a set time and place, in order to make it easy for members to attend.

NAMI LANE COUNTY

EDUCATION

SUPPORT

ADVOCACY

Over 30 years in Lane County.

Your local voice for mental health.

NAMI Principles of Support:

- We will see the individual first, not the illness.
- We recognize mental illnesses are brain disorders that may have environmental triggers.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma in ourselves and in others.
- We won't judge anyone's pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as being healthy.
- We accept that we cannot resolve all of our problems.
- We expect a better future in a realistic way.
- *We will never give up hope!*

More Benefits of Support

NAMI support groups provide different perspectives, resources and practical suggestions that are invaluable aids for a peer who is feeling stuck, hopeless, and overwhelmed.

Groups provide great opportunities for learning new strategies and options for dealing with the day-to-day rigors of living with any mental illness.

Call the NAMI Resource Center to find out about other Support Groups and find out how you can participate. (541) 343-7688.

What is the Role of a Group Member?

- To lend support through showing understanding and empathy.
- To share insights about similarities or experiences.
- To solve problems by using the combined wisdom of group members.
- To celebrate good times and "be there" during difficult times.

NAMI Support Groups

Family-to-Family (course graduates) group, **Eugene**

- 1st Thursday each month, 7 – 8:30 pm, NAMI Lane County Resource Center, 2411 Martin Luther King Jr. Blvd., Eugene.

Friends & Family Support Group, **Eugene**

- 2nd, 3rd, 4th & 5th Thursday each month, 7 pm, NAMI Lane County Resource Center, 2411 Martin Luther King Jr. Blvd., Eugene.

Friends & Family Support Group, **Florence**

- 4th Thursdays, 6 – 8 pm, 1720 34th Street, Florence.
For information call Monica Kosman 541-902-8308.

Friends & Family Support Group, **Cottage Grove**

- 2nd & last Mondays, 7-8 pm, Healing Matrix, 632 Main St.

NAMI Connection Support Group, **Eugene**

- Thursdays, (starting July 7th) 1-2:30 pm, NAMI Resource Center, 2411 Martin Luther King Jr. Blvd.

NAMI Connection Support Group, **UO Campus:**

- Every Tuesday, 6 – 7:30 pm, HEDCO Education Bldg., 1655 alder Street (17th & Alder), Room 144

NAMI Connection Support Group, **Cottage Grove**

- Every Friday, 1:30-3 pm, Healing Matrix, 632 Main St.

NAMI Connection Support Group, **Florence**

- Every Wednesday, 6:30 – 8 pm, New Winds Apartments Community Room, 750 Laurel St., Florence. (Please park on street.)

NAMI Friendship Group, **Cottage Grove**

- Social gathering. Every Thursday, 10 – 11 am, Jack Sprats, 510 E. Main St.