

NAMI WILL-GRUNDY Mission Statement

Our mission is to support individuals with mental illnesses, and their families, through advocacy, education, and outreach.

SUPPORT GUIDELINES

- We will see the individual first, not the illness.
- We recognize that mental illnesses are brain disorders.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma in ourselves and others.
- We won't judge anyone's pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthful.
- We accept that we cannot resolve all problems.
- We expect a better future in a realistic way.

NAMI additional programs



NAMI Basics is a free, online course for parents and other primary caregivers of children and adolescent living with mental illness.

WRAP

Wellness Recovery Action Plan® is a course designed to guide persons with mental health conditions to make the most of their recovery process in as proactive a way as possible. For classes and schedules contact us at info@namiwillgrundy.org or (815) 409-7917.

What people are saying

"Connection Group gives me a safe space to talk about my illness and the other group members understand where I'm coming from without judging me."

LAURA W

"I felt like a weight had been lifted off of my shoulders after my first Family Support Group. I had a new perspective on helping my wife."

TIM R

"Taking the Family-to-Family Class gave me a lot of great information and I was able to start rebuilding my relationship with my son."

SONJA P



417 Taylor Street, Joliet, Illinois 60435

info@namiwillgrundy.org | www.namiwillgrundy.org

For English: (815) 409-7917

En Español: (815) 600-9406

(calls returned within 48 hours)



www.unitedway.org



Facing COVID related stress or mental health issues?

Get support from Illinois' Call4Calm by texting "TALK" (English) or "HABLAR" (Spanish) to 552020. Or call (217) 545-5100, and a counselor will call you back within 24 hours.

PTSD

Anxiety

TRAUMA *hopelessness*
DEPRESSION

MENTAL
ILLNESS

TRAUMA *anxiety*

depression

HOPELESSNESS

PTSD *FEELING
ALONE*

YOU ARE
not Alone

NAMI believes in support

NAMI wants you to know that you are not alone – an estimated one in four families is on this journey with you. By offering support for individuals and families, NAMI provides encouragement, understanding, and mutual respect.



A recovery support group program for adults living with mental illness. Provides social interaction, and new skills in an atmosphere of respect, understanding, encouragement, and hope.

Connection Support Groups are held online through Zoom from your computer or phone. The groups are confidential and safe to join. In-person will be in Joliet, Morris, and Bolingbrook when it is safe to resume. Please check our website at www.namiwillgrundy.org for the most current information and to register for online support groups.



Meetings are for those who love and care for someone living with a mental illness. These groups provide a place to learn from others who can understand your unique challenges.

Family Support Groups are held online through Zoom from your computer or phone. The groups are confidential and safe to join. In-person will be in Joliet, Morris, and Bolingbrook when it is safe to resume. Please check our website at www.namiwillgrundy.org for the most current information and to register for online support groups.

NAMI believes in education

NAMI's Educational Programs give you information, crucial resources, and access to a community of people who relate to your experiences. Call (815) 409-7917, email info@namiwillgrundy.org, or visit namiwillgrundy.org for upcoming schedules.



NAMI Family-to-Family

This free, 8 week, family education program fosters learning, healing, and empowerment among family members and close friends of individuals with mental illnesses. There are special workshops for problem solving, listening and communication techniques to gain strategies for handling crises and relapses; care for the caregiver; and coping with worry, stress, and emotional overload.



NAMI De Familia a Familia

Este programa de ocho semanas de educación para familias es gratuito y forja conocimientos, conciliación y da poder a miembros de familias y amistades íntimas de individuos con enfermedades mentales. En el programa hay talleres especiales para resolver problemas, técnicas de aprendizaje y comunicación para ganar estrategias en el manejo de crisis y recaídas, ayuda a los que cuidan a otros y soportan preocupaciones, estrés y sobrecarga emocional. Ahora este programa se ofrece en español. Para más información llame a Lucy (815) 600-9406.

NAMI believes in advocacy

NAMI ILLINOIS ADVOCACY PRINCIPLES

NAMI shapes the national public policy landscape for people with mental illness and their loved ones and provides volunteers with the tools, resources and skills necessary to promote mental health in all states.

Join NAMI WILL-GRUNDY

When you join, you become a member of your local NAMI affiliate, your NAMI state organization, and the national NAMI organization.

MEMBERSHIP APPLICATION

First Name _____

Last Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

MEMBERSHIP DUES

_____ \$5 Open Door (for individuals with limited resources)

_____ \$40 Individual

_____ \$60 Household (for individuals at same address)

_____ \$ _____ Optional Donation Add to Membership Dues

Additional names of individuals covered under Household Membership



Mail with check to: 417 Taylor Street, Joliet, IL 60435
or Sign up online using a credit card:
namiwillgrundy.org and click on "membership".