



National Alliance on Mental Illness

NAMI Missouri

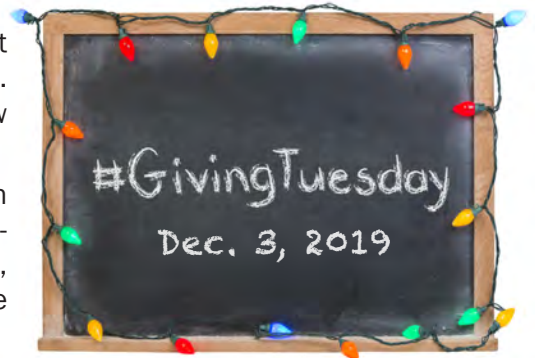
SUPPORT / EDUCATION / ADVOCACY

FALL / WINTER 2019

GIVE HOPE THIS HOLIDAY SEASON

We depend on those around us to help get us through life's biggest challenges, but mental illness can leave many people feeling isolated. Whether it's a friend, family member, colleague, or yourself, we all know someone who is struggling.

Year after year, NAMI Missouri strives to ensure everyone living with mental illness has the support they need. We train leaders to run life-changing programs in their local communities for family members, parents, teachers, and individuals living with mental illness. Our programs are designed to ensure no one experiencing mental illness feels alone.



This holiday season, please consider donating to NAMI Missouri by visiting namimissouri.org/donate. You can also support this important work by joining us in our fundraising efforts. Visit our fundraising page at namimissouri.org/fundraising to find out how to designate NAMI Missouri as your charity of choice through Gerbes Community Rewards or Amazon Smile, or by saving your receipts through the Mosers Non-profit Rebate Program. Ask your employer whether they support an employee direct withdrawal or gift matching program. Or make a purchase from our online shop at namimissouri.org/shop.

Your gifts directly support programs that serve Missourians, and we simply cannot do it without you. Thank you for thinking of NAMI Missouri this Giving Tuesday and throughout the holiday season.

2019 IN NUMBERS

With your help, we trained 62 new program leaders who are helping deliver programs to thousands of Missourians

13



Ending the Silence Presenters

15



In Our Own Voice Presenters

15



Connection Recovery Support Group Facilitators

14



Family Support Group Facilitators

5



NAMI Basics Teachers

We also partnered with NAMI St. Louis to hold regional trainings, resulting in another 20 newly trained leaders

8

Family to Family Teachers



5

NAMI Basics Teachers



7

In Our Own Voice Presenters



IN THIS ISSUE:

NAMI on Campus pg. 2 • Running for Mental Health pg. 3 • Support Groups pg. 6-7

3405 W. Truman Blvd. Suite 102, Jefferson City, MO 65109
Office: (573) 634-7727 • WarmLine: (800) 374-2138 • namimissouri.org

In the Know

Memorial Donations and Tributes

Donations by Mary & Larry Kuster and Derrick & Barbara Willard in honor of **Micah Bacus**

A donation by Beth Hollander in honor of **Tarah Ann Barden**

Donations by Angie Begemann, Beverly Meyer, and Alice Wondra in honor of **Jennifer Brown**

A donation by Kathy Hanrahan in honor of **Elias Engel**

A donation by Sara Hansen & Aaron Wachholz in honor of **Jonathan Neil Hansen**

Donations by Alex Lucas, Michelle Rothenburg-Williams, Kenneth Smersfelt, and Bryan Webster in honor of **Mary Beth Hardy**

Donations by Suzanne Geldmacher and Rich & Diane Hampton in honor of **Taylor Maxwell**

Donations by John & Marty Arnold, Ardith & Victoria Drienik, Lucretia Frazee, Sue Gaumer, Bryl & Pamela Hodgson, Louis & Lynn Raymond, Janet Strickland, Barry Terry, Rick Vogel, and R&D Tool and Engineering Company in honor of **Kurt Hodgson**

Donations by David Smoyer and Phyllis & John Smoyer in celebration of the birthday of **Barbara Smoyer Peterson**

Donations by Natalie Davidson, Sarah Nelson, and John & Sara Pummill in honor of **Taylor Joseph Ware**

Special Thanks for the Generous Support by American Century Investments; The Janie S. Spotts Estate; Joe & Angela Finegan and Midwest Trust Company; The Edwin & Barbara Krigel Charitable Remainder Trust; and The Edison Family Foundation

NAMI on Campus Clubs

NAMI on Campus Clubs are student-led, student-run mental health organizations on college campuses. NAMI on Campus clubs educate others with presentations, guest speakers and student panels; advocate for improved mental health services and policies on campus; and support their fellow students with NAMI programs and training. NAMI on Campus Club leaders have access to the resources, opportunities and support that comes with being part of the National NAMI movement, including opportunities beyond the college years.

To learn more or start a NAMI on Campus Club at your college or university, visit namimissouri.org/nami-on-campus.

Board of Directors

Diana Harper - President

Donald Schniepp - First Vice President

Rita McElhany - Second Vice President

Deborah Biggs - Secretary

Eric Pahl - Treasurer

Rich Bennett • Amy Hoffman

Anita Kiessling-Carver • James Owen

Christine Patterson • Dale Shotts

Staff

Gena Terlizzi - Executive Director

Dawn Matthews - Director of Operations

Alice Kliethermes - Director of Consumer Services

Kim Hoffman - Special Projects Coordinator

Nicole Baldwin - Peer Services Coordinator

Sharon Groner - Warmline Phone Responder

Jane Patten - Warmline Phone Responder

Council

Representatives

Stephanie Appleby

Peer Leadership Council

Lemuel E. Kimes

Service Members, Veterans and Families Council

Affiliates

NAMI Boonville

NAMI Columbia MO

NAMI Jefferson City

NAMI Joplin

NAMI Greater Kansas City

NAMI St. Louis

NAMI Southeast Missouri

NAMI Southwest Missouri

Contact us:

NAMI Missouri

3405 W. Truman Blvd. #102 • Jefferson City, MO 65109

Main 573-634-7727 • WARMLine 800-374-2138

namimissouri.org • info@namimissouri.org

Find us online



NAMIMissouri

NAMI Missouri is the chartered state organization of the National Alliance on Mental Illness

RUNNING FOR MENTAL HEALTH

Missouri native Tait Robinson recently completed a border-to-border run across the entire state of Missouri in memory of his younger brother.

“Jon was my brother for 43 years, and he lived with schizophrenia for 23 of those,” Tait said during a brief stopover at the North Jefferson Trailhead in Jefferson City. “It was tough to see and tough for him to deal with, but that’s why we’re doing this. It’s to honor him and to move forward.”

Tait hopes his efforts will help raise awareness of the importance of early intervention for mental illness and bring attention to an issue that is so important to his family.

“I run for mental health. So many people feel anxiety and depression from things that happen in life and running helps me work through it all,” Tait said.

Tait’s mother Wanda also accompanied him on the journey, driving along in her SUV and checking in with him at stopovers and trailheads along the way.

Tait started his “KATY 2 KC 320 Memorial Run” journey in Alton, Illinois on Sunday Oct. 27, and finished the 320-mile Katy Trail trek in seven days, ending in Kansas City, KS on Sunday, Nov. 3.

In addition to raising awareness, they’re also raising money for mental health non-profit organizations, including NAMI Missouri and the NAMI National Organization.



Tait Robinson made a quick stop while passing through Jefferson City on the Katy Trail. Shown here with his mom, Wanda Robinson.

Disaster Recovery Support for Youth

Central Missouri is still recovering from the tornadoes and flooding that devastated homes and businesses earlier this year. Natural disasters are traumatic events, and sometimes young people need a little extra support. NAMI Missouri has partnered with Missouri Special Needs Trust and other community partners to host a series of community meetings for parents and caregivers of children in the impacted areas who have developed emotional or behavioral health conditions in the aftermath of the disasters. The workshops will be held Dec. 4 in Eldon and Dec. 5 in Jefferson City. There is no cost to attend but registration is required. Additional information is online at namimissouri.org/CommunityMeeting.

NAMI Missouri 2020 Mental Health Conference

October 24, 2020

The NAMI Missouri Annual Conference is a statewide one-day event designed to raise awareness of mental illness and NAMI Missouri’s work to support, educate and advocate on behalf of those living with mental health conditions and their families. The conference will be held Saturday, October 24, 2020 at the Capitol Plaza Hotel and Convention Center in Jefferson City. Sponsorship opportunities are available at multiple levels of commitment, ranging from \$100 – \$2,500.

► For additional information, visit namimissouri.org/conference.



Peer support and resources are available through the

NAMI Missouri WARMLINE 800-374-2138

9am – 5pm on weekdays, and 3pm – 9pm on weekends and holidays

► Visit namimissouri.org/warmline to learn more.

Courses

FAMILY EDUCATION

NAMI Basics

NAMI Greater Kansas City - Lee's Summit

Thursdays, Feb. 6 – Mar. 12, 2020 @ 6:30 – 8:30 pm
First Presbyterian Church of Lee's Summit
1625 NW O'Brien Road, Lee's Summit
Register online at namimissouri.org/Basics

NAMI FAMILY TO FAMILY

NAMI Greater Kansas City - Kansas City

Tuesdays, Jan. 7 – Mar. 24, 2020 @ 6:00 – 8:30 pm
Tri-County Mental Health Services
3100 NE 83rd St., Kansas City, MO
Register online at namimissouri.org/FTF

NAMI Joplin - Joplin

Sundays, Jan. 12 – Mar. 29, 2020 @ 1:30 – 4:00 pm
Peace Lutheran Church
3100 N. St. Louis Ave., Joplin
Register online at namimissouri.org/FTF

NAMI Greater Kansas City - Lee's Summit

Mondays, Mar. 2 – May 18, 2020 @ 6:00 – 8:30 pm
ReDiscover Mental Health
1555 NE Rice Rd., Lees Summit
Register online at namimissouri.org/FTF



Missouri Foster Parent Training Credits Available

The NAMI Basics course meets requirements for Missouri Foster Parent Training Credit. Requests must be submitted to the Missouri Department of Social Services Children's Division prior to taking the course for each person requesting training credits. For additional instructions and a link to the request form, visit namimissouri.org/basics.

Quality, Evidence-based Programming

Courses Offered Online



Basics and Homefront available online

Both NAMI Basics and NAMI Homefront are now available online. Courses meet weekly in a virtual classroom, so participants can experience interaction and learning similar to traditional in-person classes. To learn more and register for an upcoming NAMI Homefront course, visit namimissouri.org/homefront and for Basics, visit namimissouri.org/basics.

NAMI Family to Family is a designated evidence-based program and is included on SAMHSA's National Registry of Evidence Based Programs and Practices. The course helps family members improve coping and problem-solving skills and increases feelings of empowerment.

NAMI Basics is based off the Family to Family program and designed specifically for parents and caregivers of children and adolescents with mental health conditions. The program supports improvement in self-care, empowerment and family communication.

NAMI Homefront is also based off the Family to Family program and is for families, caregivers and friends of military service members and veterans with mental health conditions, including PTSD/PTSI. The program is effective at improving participant knowledge and coping skills, as well as reducing the psychological distress that accompanies caregiving.

Trainings

Training sessions provide the tools and certifications you need to lead NAMI Missouri programs. These trainings are offered at no cost to participants thanks to grant and contract funding from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) and the Missouri Department of Mental Health. Trainings include hotel, meals, materials and instruction. Registration is required and courses do fill up.

REGISTER FOR A TRAINING AND BECOME CERTIFIED TO: GIVE PRESENTATIONS

In Our Own Voice

In Our Own Voice is a presentation by individuals living with mental health conditions who share their personal stories to promote awareness of mental illness recovery. Register to attend an upcoming training to become part of an In Our Own Voice presenter team. To learn more, visit namimissouri.org/IOOV

[In Our Own Voice Presenter Training](#)

Best Western Plus Capital Inn, Jefferson City
Saturday, May 1, 2020
Application Deadline - Fri., April 3, 2020

Ending the Silence for Students

NAMI's in-school presentation program teaches high school students the warning signs of mental health conditions and how to respond. It includes an informative presentation by a lead presenter and a young adult who shares their journey of recovery. Learn more and register at namimissouri.org/ETS

[Ending the Silence Presenter Training](#)

Part 1: Online - web only training
Part 2: In person training - contact us to schedule
(Now recruiting youth presenters age 18-30)

FACILITATE A SUPPORT GROUP

Connection Support Groups

Connection Recovery Support Groups are for individuals living with mental health conditions. Attend a training to become a support group facilitator. To learn more and register, visit namimissouri.org/support

[NAMI Connection Recovery Support Group Facilitator Training](#)

Best Western Plus Capital Inn, Jefferson City
Sat., Aug. 8 - Sun., Aug. 9, 2020
Application Deadline - Fri., July 10, 2020

NAMI Family Support Groups

Family Support Groups are for family members of people living with mental illness. Attend a training to become a support group facilitator. To learn more and register, visit namimissouri.org/support

[NAMI Family Support Group Facilitator Training](#)

Best Western Plus Capital Inn, Jefferson City
Sat., Sept. 19 - Sun., Sept. 20, 2020
Application Deadline - Fri., Aug. 21, 2020

TEACH A COURSE

Family to Family

Family to Family is a free class for families, partners and friends of individuals with mental illness. If you've taken the course, attend a training to become certified to teach it to others. To learn more, visit namimissouri.org/FTF

[NAMI Family to Family Teacher Training](#)

Best Western Plus Capital Inn, Jefferson City
Fri., July 10 - Sun., July 12, 2020
Application Deadline - Fri., June 12, 2020

NAMI Basics

Basics is a free class for parents and caregivers of children and teens with mental health conditions. If you've taken the course, attend a training to learn to teach it to others. Visit namimissouri.org/basics

[NAMI Basics Teacher Training](#)

Best Western Plus Capital Inn, Jefferson City
Fri., June 19 - Sun., June 21, 2020
Application Deadline - Fri., May 22, 2020

For information on these and other training opportunities, email info@namimissouri.org

Support Groups

NAMI Family Support Groups

For family members of individuals with mental illness or mental health concerns

NAMI Boonville

Boonville - Family Support group

Monthly - 2nd Tuesday @ 6:30-8:00 pm
Nelson Memorial UMC, 407 E Spring St., Boonville
Email: namiboonville@gmail.com
Email: ystephanie49@gmail.com

NAMI Columbia MO

Columbia - Family Support Group

Monthly - 2nd Monday @ 6:30-9:00 pm
Presentation @ 6:30; Group @ 7:30 pm
Unity Center, 1600 W Broadway, Columbia
Email: namicolumbiamo@gmail.com

NAMI Joplin

Joplin - Family Support Group

Monthly - 2nd Tuesday @ 6:30-8:00 pm
NAMI Joplin Office, 1601 S Wall Ave., Joplin
Call: 417-781-6264
Email: namijoplin@cableone.net

NAMI Southeast Missouri

Farmington - Family Support Group

Monthly - 2nd Thursday @ 7:00-8:30 pm
Farmington Public Library
101 North A. St., Farmington
Call/text: 573-454-1221 or 573-701-4185
Email: namisoutheastmo@gmail.com

NAMI Southwest Missouri

Springfield - Family Support Group

1st & 3rd Mondays @ 7:00-8:30 pm
NAMI Southwest Missouri Office
1443 N Robberson #408, Springfield
Call: 417-839-4682
Email: ljoslyn@sbcglobal.net

Bolivar - Family Support Group

Monthly - 4th Thursday @ 1:30-3:00 pm
Polk County Health Center
1317 W Broadway St., Bolivar
Call: 417-327-5609 or 417-777-1185
Email: kinnettrucking@windstream.net
Email: claudiaj@windstream.net

Lebanon - Family Support Group

2nd & 4th Wednesdays @ 5:30-6:30 pm
Lebanon Laclede Public Library
915 S Jefferson Ave., Lebanon
Call: 417-718-5921
Email: gayleps18@gmail.com

NAMI Jefferson City

Jefferson City - Family Support Group

Monthly - 1st Monday @ 6:30-8:30 pm
Presentation @ 6:30; Group at 7:30 pm
Central UCC, 118 W Ashley St., Jefferson City
(Enter through gym doors)
Email: namijcmo@gmail.com

Jefferson City - Family Support Group

Monthly - 3rd Tuesday @ 6:00-8:00 pm
Presentation @ 6:00; Group at 7:00 pm
Wesley UMC, 2727 Wesley St., Jefferson City
(Enter through back doors)
Email: namijcmo@gmail.com

NAMI Greater Kansas City

Belton - Family Support Group

2nd & 4th Mondays @ 6:30-8:30 pm
Belton Regional Medical Center
17065 S 71 Hwy., Belton
Email: NAMI-leaders@hotmail.com

Belton - Family Support Group

1st & 3rd Mondays @ 6:30-8:00 pm
LifeQuest Church, 1400 N Scott Ave, Belton
Email: krevvert@att.net

Kansas City - Family Support Group

1st & 3rd Thursdays @ 6:00-8:00 pm
Research Psychiatric Center
2323 E 63rd Street, Kansas City, MO
Email: custinh@yahoo.com

KC (Northland) - Family Support Group

Monthly - 3rd Wednesday @ 6:00-7:30 pm
Tri-County MHS - 2nd floor conf. room
3100 NE 83rd St., Kansas City
Call: Candis, 816-468-0400
Email: candisb@tri-countymhs.org

Lee's Summit - Family Support Group

Monthly - 1st Wednesday @ 7:00-8:30 pm
ReDiscover Mental Health
901 Independence Ave., Lee's Summit
Call: Frank, 816-763-9320
Email: fbair1@att.net

Odessa - Family Support Group

1st & 3rd Thursdays @ 7:00-8:30 pm
Art Glass Depot, 124 S 2nd St., Odessa
Call: 816-726-6508 or 816-527-3296
Email: nami.odessamo@gmail.com

NAMI St. Louis

NAMI St. Louis Support Groups

NAMI St. Louis support group lists & details are online at namistl.org/support-groups

Arnold - Family Support Group

Monthly - 1st Thursday @ 7:00-8:30 pm
New Hope UMC, Rm 106
(Enter through white doors in back)
3921 Jeffco Blvd., Arnold
Call: 314-293-1512
Email: joannechartley@gmail.com

Chesterfield - Family Support Group

Monthly - 3rd Monday @ 7:00-8:30 pm
Trinity Lutheran Church, Rm 258
14088 Clayton Rd., Chesterfield
Call: 636-532-0027
Email: jbs1111@sbcglobal.net

Clayton - Family Support Group

Monthly - 3rd Tuesday @ 7:00-8:30 pm
First Congregational Church
6501 Wydown Blvd., Clayton
Call: Lisa, 314-435-7574
Email: zerbelisa@yahoo.com

Kirkwood - Family Support Group

Monthly - 4th Thursday @ 7:00-8:30 pm
Kirkwood UMC, Rm. 115
201 W Adams Ave., Kirkwood

Kirkwood - Family Support Group

Monthly - 4th Wednesday @ 7:00-8:30 pm
Elliot Chapel, 100 S Taylor Ave., Kirkwood
Email: fogy65@yahoo.com

Maplewood - Family Support Group

Monthly - 1st Thursday @ 7:00-8:30 pm
Christ Church, 2200 Bellevue Ave., Maplewood

St. Charles - Family Support Group

Monthly - 1st Thursday @ 7:00-8:30 pm
NAMI St. Louis Tri-County Office
200 S Kingshighway #101, St. Charles
Call: 314-974-4694
Email: bcran0228@aol.com

St. Peters - Family Support Group

Monthly - 3rd Tuesday @ 7:00-8:30 pm
Grace UCC, 8326 Mexico Rd, St. Peters

Webster Groves - Family Support Group

Monthly - 2nd Tuesday @ 6:30-8:00 pm
Webster Hills UMC, Christian Life Ctr. Rm. 232
698 W Lockwood, Webster Groves
Call: Judy, 314-922-4693
Email: judyclarson@gmail.com

Webster Groves - Family Support Group

Monthly - 2nd Thursday @ 6:30-8:30 pm
Hilltop House
7522 Big Bend Blvd., Webster Groves

NAMI Basics Support Groups are Family Support Groups that place a special emphasis on support for parents and caregivers of children, teens and young adults with behavioral and mental health concerns.

NAMI Greater Kansas City

Lee's Summit - Basics Support Group

Monthly - 3rd Tuesday @ 6:00-8:00 pm
ReDiscover Mental Health
1555 NE Rice Rd. #1595 Bldg. A, Lee's Summit
Email: namibasics@yahoo.com

NAMI St. Louis

Kirkwood - Basics Support Group

Monthly - 3rd Thursday @ 7:00-8:30 pm
Diversified Health and Wellness Center
11042 Manchester Rd., Kirkwood
Email: STLBasicsGroup@gmail.com

Support Groups

NAMI Connection Recovery Support Groups

For individuals living with mental illness or mental health concerns

NAMI Columbia MO

Columbia - Conn. Support Group

Monthly - 2nd Monday @ 6:30-9:00 pm
Presentation @ 6:30; Group @ 7:30
Unity Ctr, 1600 W Broadway, Columbia
Email: namicolumbiamo@gmail.com

NAMI Jefferson City

Jefferson City - Conn. Support Group

Monthly - 1st Monday @ 6:30-8:30 pm
Presentation @ 6:30; Group @ 7:30
Central UCC, 118 W Ashley St., Jeff City
(Enter through gym doors.)
Email: namijcmo@gmail.com

Jefferson City - Conn. Support Group

Monthly - 3rd Tuesday @ 6:00-8:00 pm
Presentation @ 6:00; Group @ 7:00
Wesley UMC, 2727 Wesley St., Jeff City
(Enter through back doors)
Email: namijcmo@gmail.com

NAMI Joplin

Joplin - Connection Support Group

Weekly - Tuesdays @ 6:30-8:00 pm
Joplin Office, 1601 S Wall Ave, Joplin
Call: 417-781-6264
Email: namijoplin@cableone.net

Joplin - Connection Support Group

2nd & 4th Wednesdays @ 2:00-3:00 pm
NAMI On Campus at MSSU - Hearnest Hall
3950 E Newman Rd, Joplin
Call: Kandace, 417-625-9830
Email: logan-k@mssu.edu

NAMI Greater Kansas City

Midtown KC - Conn. Support Group

Weekly - Tuesdays @ 7:15-8:30 pm
Westport Presbyterian Church
201 Westport Rd, Kansas City, Mo
Email: violamom@gmail.com

Lee's Summit - Conn. Support Group

Weekly - Tuesdays @ 7:00-8:30 pm
1st Presbyt. Church - Basement Rm 100
1625 NW Obrien Rd, Lee's Summit
Call: Marty, 816-738-3066
Call: Tricia, 816-810-1414
Email: help4distress@gmail.com

Belton - Connection Support Group

1st & 3rd Mondays @ 6:00-8:00 pm
LifeQuest Church
1400 N Scott Ave, Belton
Email: allaboutrockllc@yahoo.com
Email: teegarden.shawn@icloud.com

Gladstone - Connection Support Group

Weekly - Tuesdays @ 6:30-8:00 pm
Northland Behavioral Health & Wellness
119 NE 72nd St., Gladstone
Call: Gabriel, 816-200-7424
Email: gabrielnamiconnection@gmail.com

St. Joseph - Conn. Support Group

Weekly - Thursdays @ 7:00 pm
Missouri Care
3831A Frederick Ave., St. Joseph
Call: Kevin, 727-543-9408
Email: kevinwilliams.clnc@gmail.com

NAMI St. Louis

Full NAMI St. Louis support group lists and details are online at www.namistl.org/support-groups

Clayton - Connection Support Group

Monthly - 3rd Saturday @ 2:00 - 3:00 pm
First Cong. Church. 1st Floor Parlor
6501 Wyndown Blvd., Clayton
Call: 314-962-4670 (NAMI STL main)
Email: info@namistl.org

St. Charles - Conn. Support Group

Weekly - Mondays @ 6:30-8:00 pm
Friedens United Church of Christ
1703 Old Hwy. 94 South, St. Charles
Call: Jim, 314-808-5551
Email: jeymanjr@prodigy.net

STL (Delmar) - Conn. Support Group

1st & 3rd Sundays @ 2:00-3:30 pm
Grace and Peace Fellowship Church
5574 Delmar, St. Louis
Call: Rose, 314-716-2210
Email: roseschulte@gmail.com

St. Peters - Connection Support Group

Monthly - 3rd Tuesday @ 7:00-8:30 pm
Grace United Church of Christ
8326 Mexico Rd, St. Peters
Call: 314-962-4670 (NAMI STL main)
Email: info@namistl.org

NAMI Southeast Missouri

Sikeston - Connection Support Group

Weekly - Thursdays @ 5:30 pm
Sandy Paws, 134 E. Front St., Sikeston
Email: pezmama3@gmail.com

NAMI Southwest Missouri

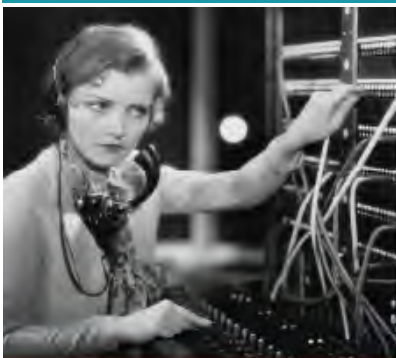
Springfield - Conn. Support Group

Weekly - Tuesdays @ 10:00-11:30 am
The Hope Center at NAMI SWMO
1443 N Robberson Ave. #408, Springfield
Call: 417-864-3027 (Hope Center Main)
Email: nami@namiswmo.com

Lebanon - Connection Support Group

Weekly - Wednesdays @ 5:30-6:30 pm
Lebanon Laclede Public Library
915 S. Jefferson Ave., Lebanon
Call: Shannon, 573-552-2042
Email: slw.therapist@gmail.com

Full NAMI Missouri support group listings online at namimissouri.org/support



Peer support and resources
are available through the

NAMI Missouri WARMLine

800-374-2138

**9am – 5pm on weekdays, and
3pm – 9pm on weekends and holidays**

**GOOD SUPPORT NEVER
GOES OUT OF STYLE**

▶ Visit namimissouri.org/warmline to learn more.



NAMI Missouri
 3405 W. Truman Blvd. #102
 Jefferson City, MO 65109

Non-Profit Org.
 U.S. Postage
PAID
 Jefferson City, MO
 Permit No. 390

Join NAMI Missouri or renew today!

Every member strengthens our efforts. For existing members, **your membership renewal date will be listed on the mailing label of this newsletter** right next to your name. If your membership has expired, renewal is easy, and if you're not a member yet, join us today! Members receive the NAMI Missouri Newsletter, NAMI Advocate magazine and discounts to attend NAMI events. Even better, your membership helps provide services to individuals living with mental health conditions and their family members.

New Member **Renewal**

Enclosed are my dues for (check one):

- | | |
|---|---|
| <input type="checkbox"/> Individual (\$40) | <input type="checkbox"/> Total Dues \$ _____ |
| <input type="checkbox"/> Family/Household (\$60) | <input type="checkbox"/> Additional Contribution \$ _____ |
| <input type="checkbox"/> Open Door/Limited Income (\$5) | <input type="checkbox"/> Total Enclosed \$ _____ |

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

Credit Card: Visa MasterCard Discover

Card # _____

Exp. Date _____ / _____

Cardholder Name _____

Cardholder Address _____

Send form and payment to:
NAMI Missouri
 3405 W. Truman Blvd. Suite 102
 Jefferson City, MO 65109