

**Affiliated with NAMI
and NAMI Illinois**

The National Alliance on Mental Illness is a grassroots organization dedicated to improving the lives of persons and their families affected by mental illness through education, advocacy, support, and research

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Dear NAMI Friends and Family,

NAMI Is Changing Lives

When we found our son walking down Route 22, muttering to himself, he was unshaven and disheveled with hair down to his shoulders. We tried to get him to an emergency room without success. He had not been taking his medication and desperately needed help. The local police said he had to commit a misdemeanor before they could pick him up even though he was 6'4, 250 lbs. and we could not safely get him in the car by ourselves. We called our family lawyer and the District Attorney several times, but they never returned our phone calls. We didn't know where to turn.

If only we had known about NAMI CCNS then, how different things would have been.

Since then, we have found NAMI and taken the signature class Family to Family and have gotten on the Board. We have used the many resources that they have made available to us, and we are now in a much better place in caring for our loved one with bipolar. —A NAMI mom

This is how NAMI is making a difference in individual lives. If only everyone dealing with a family member with a mental illness could have NAMI in their lives to help them find the answers they need to lead meaningful lives.

Change Begins With You

YOU can help make this happen! By making a contribution to our Annual Appeal, you can fund the free signature classes Family to Family and Basics, community mental health programs, advocacy, and support for those challenged by mental illness and their loved ones.

This year you can also donate to the Tree of Life by purchasing a gold, silver or bronze leaf in honor or in memory of a loved one. Another option is Giving Tuesday on Dec. 1st. On this day charities, businesses, families and students are coming together for one common purpose: to celebrate generosity and to give. We hope that you will remember NAMI CCNS when you spread the gift of giving.

Help erase the stigma of mental illness and give those living with the challenges of mental illness the chance to lead more productive lives. Make a donation to NAMI CCNS at this wonderful time of year so that we can reach everyone who needs our help!

With Gratitude



John Schladweiler
Co-President

Patricia Rodbro
Co-President

Nancy Carstedt
Executive Director