

**Presented by:
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Executive Director**



MID-OHIO REGIONAL
MORPC
PLANNING COMMISSION



nami
National Alliance on Mental Illness

Franklin County

National Alliance on Mental Illness of Franklin County (NAMI FC)

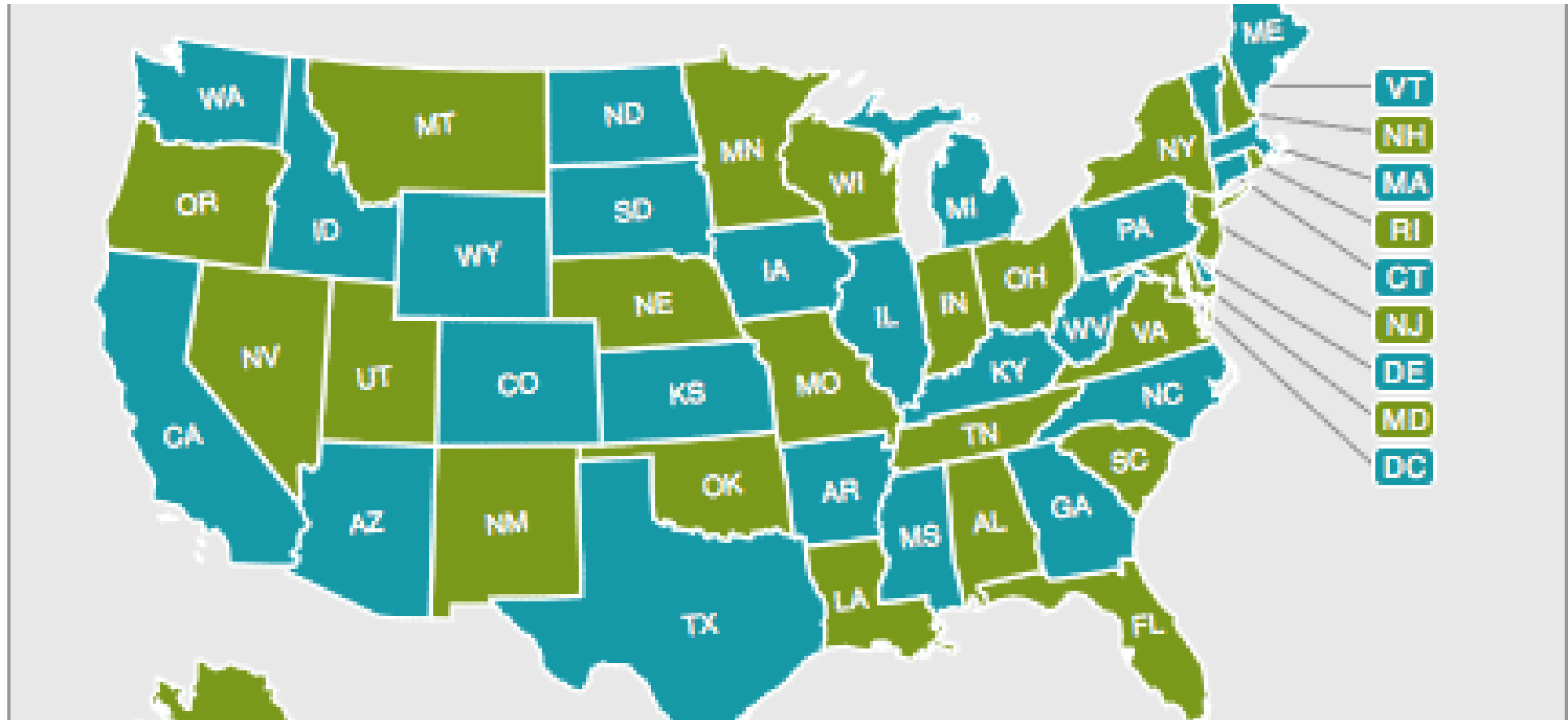
Mission

NAMI Franklin County is dedicated to improving the lives of persons with mental health conditions and their family members and friends through education, outreach, support, referral, and advocacy in Central Ohio.

NAMI FC

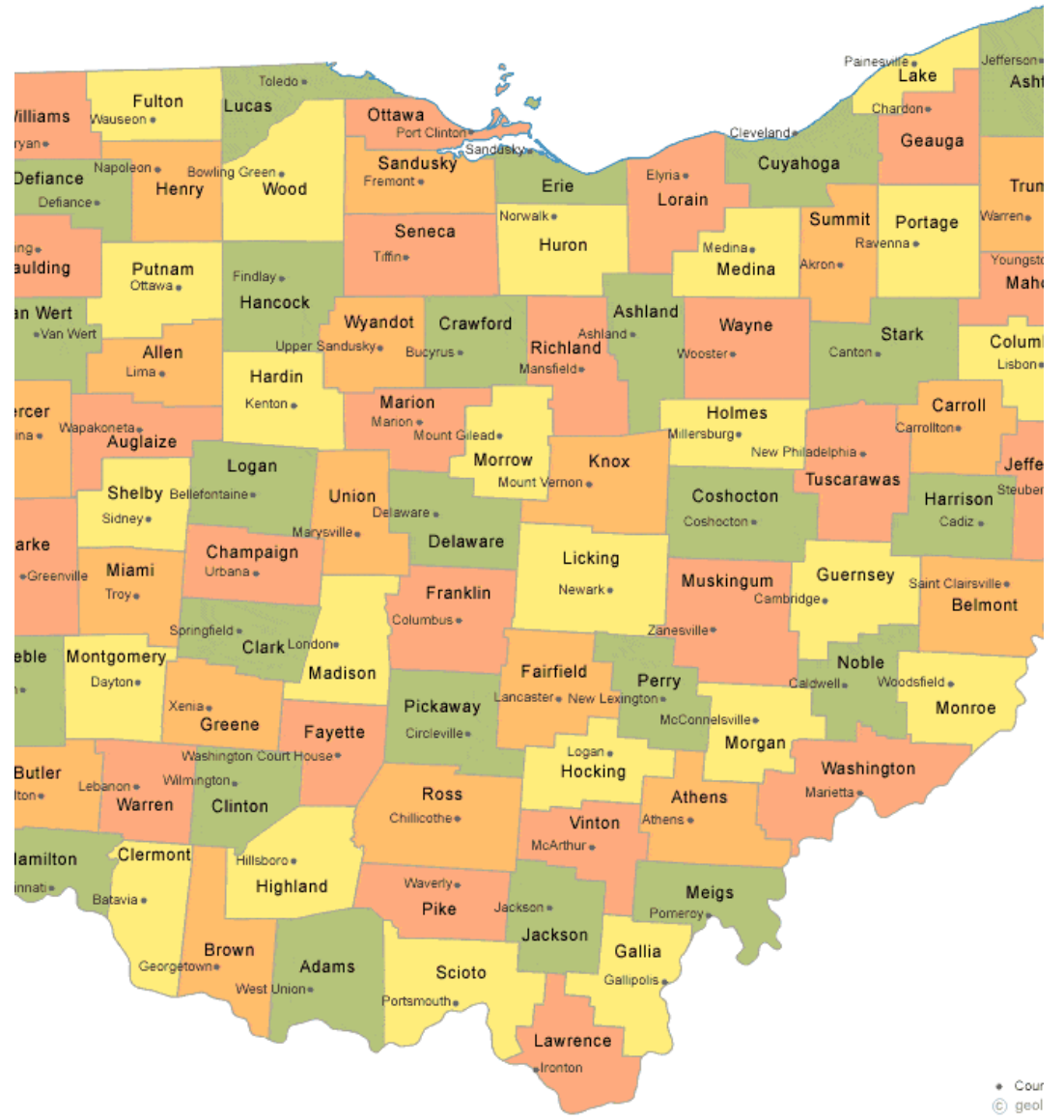
Objectives

- **Provide quality education** on mental health to persons with mental health conditions (lived experience), their family members, friends, and mental health professionals.
- **Raise awareness** and enlighten community members through outreach efforts about what NAMI Franklin County is and what services we provide.
- **Offer support and/or referral of services** to those with lived experience, their families, and friends.
- **Advocate on behalf of individuals with mental health conditions and their family members** to improve the mental health system of care, remove stigma, ensure system accountability, and strengthen our grassroots network.
- **Provide** a forum where parents, spouses, siblings, adult children, and friends of individuals with mental health conditions may share experiences and give emotional support to one another.



There are more than 600 **NAMI** State Organizations and Affiliates across the **country**.

NAMI Ohio
has 34
Affiliates in
the State of
Ohio



NAMI Signature Programs

Classes

- Family-to-Family
- Peer-to-Peer
- Basics
- Homefront

Support Groups

- Family Support
- NAMI Connection

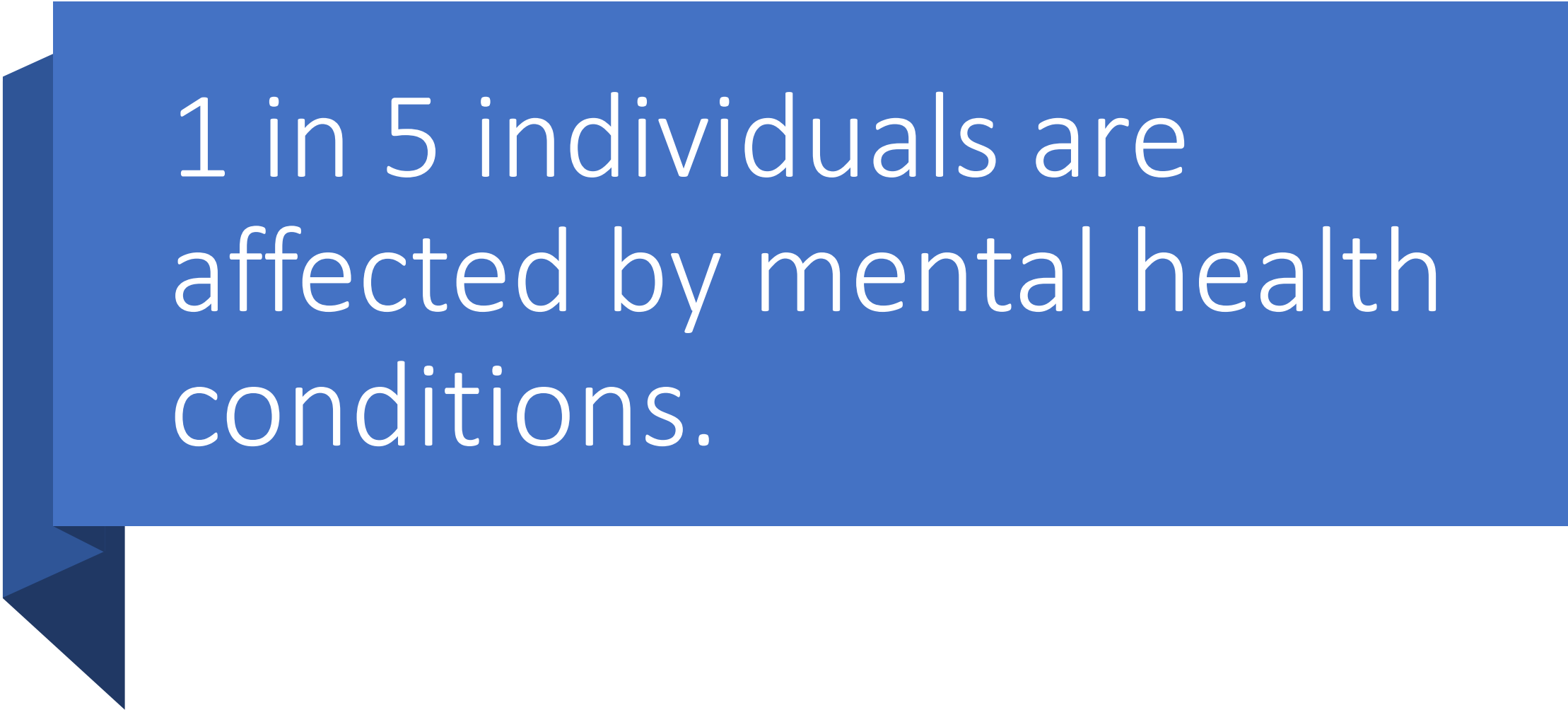


Other Programs

- The following free programs are hosted by NAMI Franklin County or in conjunction with our partners.

Click below for details on how to participate.

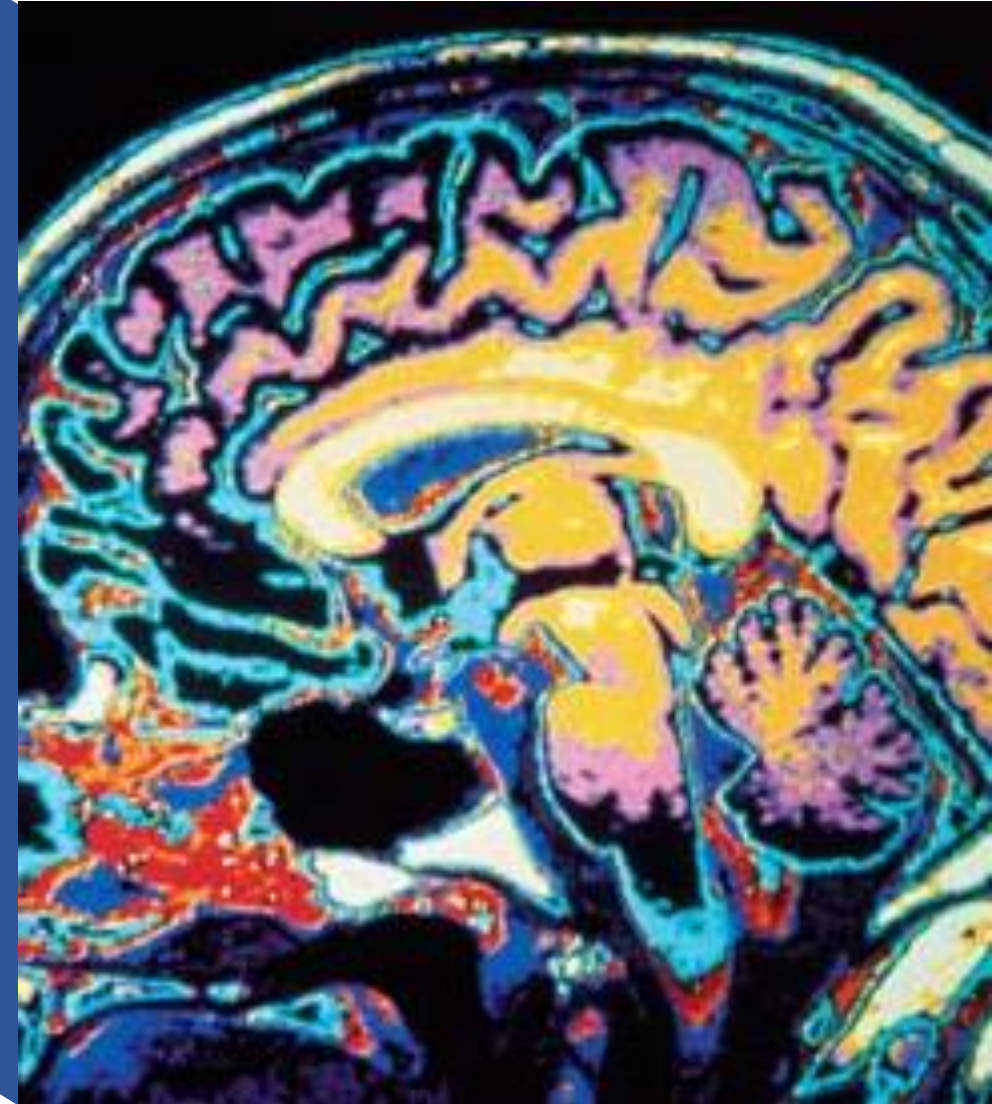
- [Concord Counseling Respite Program](#)
- [Crisis Intervention Team \(C.I.T.\) Training Program](#)
- [NAMI Ending the Silence](#)
- [NAMI In Our Own Voice](#)
- [NAMI Mentor Program](#)



1 in 5 individuals are
affected by mental health
conditions.

What is mental illness?

- Medical condition that disrupts thinking, feeling, mood, ability to relate to others, daily functioning
- A disease of the brain, similar to other physical conditions like diabetes, or heart disease
- May strike persons of any age, race, religion or income
- Not the result of personal weakness, lack of character, or poor upbringing
- Treatable!



Mental Health Continuum Model



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|---|---|---|--|
| <ul style="list-style-type: none"> • Normal mood fluctuations • Calm & takes things in stride • Good sense of humour • Performing well • In control mentally • Normal sleep patterns • Few sleep difficulties • Physically well • Good energy level • Physically and socially active • No or limited alcohol use/ gambling | <ul style="list-style-type: none"> • Irritable / impatient • Nervous • Sadness / overwhelmed • Displaced sarcasm • Procrastination • Forgetfulness • Trouble sleeping • Intrusive thoughts • Nightmares • Muscle tension / headaches • Low energy • Decreased activity/socializing • Regular but controlled alcohol use / gambling | <ul style="list-style-type: none"> • Anger • Anxiety • Pervasively sad / hopeless • Negative attitude • Poor performance / workaholic • Poor concentration / decisions • Restless disturbed sleep • Recurrent images / nightmares • Increased aches and pains • Increased fatigue • Avoidance • Withdrawal • Increased alcohol use / gambling is hard to control | <ul style="list-style-type: none"> • Angry outbursts / aggression • Excessive anxiety / panic attacks • Depressed / suicidal thoughts • Over insubordination • Can't perform duties, control behaviour or concentrate • Can't fall asleep or stay asleep • Sleeping too much or too little • Physical illnesses • Constant fatigue • Not going out or answering phone • Alcohol or gambling addiction • Other addictions |
|---|---|---|--|



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