

Who We Are

NAMI Contra Costa is an affiliate of America's largest grassroots mental health organization, the National Alliance on Mental Illness.

Our Mission

To provide support, outreach, education and advocacy to individuals living with and families affected by mental illness.



Office:

2151 Salvio Street, Suite V
Concord, CA 94520
(925) 942-0767

Please call for current hours.

Website: www.namicontracosta.org

NAMI CC Warm Line: Leave a message at (925) 942-0767 for return call from a NAMI CC Volunteer.

NAMI Contra Costa May 2021

NAMI Membership

NAMI Contra Costa membership is open to everyone.
Our affiliate members receive our local affiliate newsletter monthly and two national publications quarterly.

*Help NAMI Contra Costa meet its goals.
Become a member, donate and volunteer!
Your support is greatly appreciated!*

Annual Membership Information:

- Household Membership \$60
- Regular Membership \$40
- Open Door Membership (one person) \$5

A Household membership will apply to everyone living in a single household whose names are provided to NAMI. Regular and Open Door memberships will continue to apply only to one individual. For voting purposes, each membership (including Household) will be counted as one (1) membership.

☐ New ☐ Renewal

Your generous donation of \$ _____ is greatly appreciated.

You may also join and donate online at
www.namicontracosta.org.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

☐ Check to receive NAMI CC e-Newsletter

Please make check payable to:

NAMI Contra Costa
2151 Salvio Street, Suite V
Concord, CA 94520

nami Contra Costa County
National Alliance on Mental Illness

For over 30 years, helping individuals and families affected by mental illness.

Education . Support . Advocacy

Education for the Community

- **Monthly Speaker Series**

Monthly presentations by doctors, researchers, and other mental health professionals on a variety of mental health topics.

- **Crash Course**

A weekly opportunity for individuals to learn how to navigate the County's Mental Health System.

- **In Our Own Voice**

Individuals living with mental illness share about their diagnoses and how they have recovered and reclaimed productive lives.

- **FaithNet**

Outreach to faith communities that wish to support their members affected by mental illness.

- **Community Outreach Committee**

Committee members present to civic groups, school districts, health professionals, etc.

- **Provider Education**

Training program for health providers (e.g. guidance counselors, social workers) to learn about NAMI philosophy and treatment plans.

- **NAMI on Campus**

Student-led clubs.

- **Ending the Silence**

Mental health presentation education and lived experience for high school transitional age youth.

Education & Support for Family Members

- **Family-to-family**

An 8-week class for families to learn about mental illness and to find support. This course is also available for the Spanish speaking and the Mandarin speaking communities, the African American community and the families of veterans.

- **NAMI Basics**

A six-week class that educates, supports, and empowers parents of children and adolescents living with mental illness.

- **Spanish Language Outreach**

Support for the Spanish speaking community that provides information and presentations.

- **Mandarin Educational Presentations**

Monthly topics featuring professional speakers.

- **Support Groups**

Family-led support groups also available online.

We offer a Monthly Support Group for African American Families.

Annual Events

- **NAMI CC Crab Feed Fundraiser**
- **NAMI In Motion**
- **NAMI California Conference**
- **Collaborative Community Activities**

The Family Volunteer Support Network

The Family Network is a diverse group of trained Volunteers utilizing education, advocacy and a promise of hope to support the needs of All Family Members in our county who have loved ones impacted by severe mental illness.

Education & Support for Individuals Living With Mental Illness

- **Peer-to-Peer**

A recovery-focused, educational program led by teachers with lived experience for adults who wish to establish and maintain wellness in response to mental health challenges.

- **NAMI Connection**

A support group for individuals and peers living with mental illness.

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