



About Us

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illnesses. These illnesses include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder. NAMI is a non-profit organization with hundreds of affiliates. NAMI's goal is to

provide education, support, and advocacy to eliminate stigma and to offer hope for recovery and a fulfilling life.

Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of nearly 60 million Americans. One quarter of all social security disability payments are for individuals with mental illness. Just as startling is the fact that in the United States, the economic impact of mental illnesses is estimated to be \$193 billion in lost earnings every year.

The National Institute of Mental Health reports that one in five people experiences a mental health disorder in a given year. One in 25 lives with a serious mental illness, such as major depression, bipolar disorder or schizophrenia, and one in 5 children has a serious mental or emotional disorder. Yet two-thirds go without treatment, mostly because of stigma and their inability to access care. However, up to 90% of people being treated for mental illnesses will recover, unlike many other diseases such as heart disease and diabetes which have a much lower recovery rate.

NAMI Southern Arizona offers an array of support and education programs for families and people with mental illness. For more information, contact us by calling **(520) 622-5582** or **namisa.org**.

Recovery

In recent years, there has been increased recognition that recovery can refer to a person's improved capacity to lead a fulfilled life that is not dominated by illness and treatment. This is known as the "recovery approach" or "psychosocial rehabilitation". In contrast to the medical approach, the recovery approach does not require people to experience reduced symptoms or the reduced need for medical and social care. It is more about experiencing the improved quality of life and higher levels of functioning despite the illness. Recovery in this sense does not mean that the illness has gone into complete remission. It means that over time, through what for many is a long and difficult process, individuals can come to terms with their illness by first learning to accept it and then moving beyond it. They can learn to believe in themselves as an individual by learning their strengths as well as their limitations and coming to realize that they do have the capacity to find purpose and enjoyment in their lives in spite of their illness. The successful recovery model sees individuals with mental illness as active participants in their own recovery process.



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