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FOR IMMEDIATE RELEASE:

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Advocate for those with mental illness—join NAMI San Diego

SAN DIEGO—The National Alliance on Mental Illness in San Diego has a mission to support, educate and advocate for those who have mental illness and their families and wants you to be a part of this grassroots organization.

To put it in perspective, more than 244,000 people are living with mental illness in San Diego alone. In the state of California, 600,000 children, adults and elderly are in need of mental health services that aren't readily available. In our nation, one in five people will suffer from a serious mental illness in their lifetime. Simply put, a mental illness can affect anyone anywhere.

This is exactly why NAMI San Diego exists. They take a 360-degree look at mental illness by reaching out not only to those who have it, but also to the family and friends who are also affected. They offer comprehensive courses on mental illness and comforting support groups for all involved. These classes and groups are offered throughout San Diego County as are many outreach presentations and activities. In order to continue this important work, NAMI San Diego needs support in the form of memberships

By becoming a member of NAMI San Diego, you will receive the following benefits:

- Voting privileges – NAMI San Diego and NAMI California
- NAMI San Diego monthly newsletter/e-newsletter
- NAMI California Membership
- NAMI California Mailings (limited)
- NAMI National Membership

- NAMI National Mailings/E-mailings
- Reduced cost of National events
- Access to "Members Only" sections on National website - www.nami.org
- Supporting NAMI San Diego to advocate for the rights of individuals with mental illnesses and to end stigma.
- Most importantly, making your voice heard by being part of well-known and well-respected advocacy organization

It's easy to join! To become a new member, simply go to www.namisanidiego.org/members.php and follow the directions to sign up online. Or call 619-543-1434 or 1-800-523-5933. Membership costs are \$40 a year, but a sliding scale is also available to those with financial hardships.

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