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FOR IMMEDIATE RELEASE:

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Free mental health meeting on November 3 features self-help systems of care

SAN DIEGO—On Thursday, November 3, 2011, the National Alliance on Mental Illness (NAMI San Diego) will be holding a free monthly Education and Advocacy meeting featuring Recovery International Self-Help Resources.

The mission of Abraham Low Self-Help Systems is to use the cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals gain skills to lead more peaceful and productive lives. The organization meets this mission by providing mental health self-help groups Recovery International community, telephone and online meetings, The Power to Change for Schools and The Power to Change for Corrections.

Abraham Low Self-Help Systems is a merger of Recovery International and The Abraham Low Institute. Recovery International was founded in 1937 and consists of more than 500 community-based peer-led self-help meetings in North America and beyond, telephone meetings and online forums. The Abraham Low Institute was founded in 1989 and developed The Power to Change for Schools and The Power to Change for Corrections. The two organizations merged in January 2008 and officially incorporated under Abraham Low Self-Help Systems in January 2009.

Prior to this presentation, NAMI San Diego will hold an “Ask the Doctors” information session with local psychiatrists. Here you can ask the questions you've wanted to ask a psychiatrist and learn from other members of the group as well.

NAMI San Diego is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses, which, really, is all of us in one way or another. Most recently, the San Diego branch was named Affiliate of the Year by NAMI National. They received this due to their consistent support of NAMI's mission evidenced by the number of support groups, education classes, community outreach activities, seminars, and monthly meetings they offer.

NAMI San Diego also runs a Family and Peer Support Helpline that offers free, safe, confidential information, referrals and support for people with mental illness and their loved ones. The number is (619) 543-1434 or (800) 523-5933.

NAMI San Diego holds their monthly Education and Advocacy meetings at no charge to the public. They feature expert speakers on timely topics. The meeting on November 3 starts at 6:30 pm and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office).

Mark your calendar for November 3 and if you need more information on the meeting, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

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