

# Everyone Knows Someone

One in four Montana families is affected by serious mental illness. As many as one-third of those with a diagnosable mental illness are not receiving care, often because of stigma or fear of losing employment and health insurance.

## OUR MISSION:

TO EDUCATE, SUPPORT AND  
ADVOCATE FOR ALL THOSE  
AFFECTED BY MENTAL ILLNESS

### NAMI Billings offers:

- The NAMI core programs, including Family to Family, Peer to Peer, NAMI Basics, In Our Own Voice and Parents & Teachers as Allies
- Weekly support groups for families, teens and peers.
- Lending library
- Monthly e-newsletters
- Help navigating the mental health system: guidance and referrals for families and individuals affected by mental illness
- Community educational offerings presented free of charge
- Advocacy for improved services in Montana

## NAMI Billings

3333 2nd Ave N, Ste 150

Billings, MT 59101

406.256.2001

[www.namibillings.org](http://www.namibillings.org)

### Important Phone Numbers:

Police/Sheriff.....	911
Billings Clinic Psychiatric Services.....	657-4000
Billings Clinic Emergency Room .....	657-4150
Billings Clinic Health Line .....	255-8400
Center for Children and Families.....	294-5090
Community Crisis Center .....	259-8800
Family Support Network .....	256-7783
Family Tree Center .....	252-9799
Mental Health Center .....	252-5658
Montana Highway Patrol.....	800-525-5555
Poison Control Center.....	800-525-5042
PLUK .....	255-0540
Rimrock.....	248-3175
RiverStone Health Clinic .....	247-3350
St. Vincent Emergency Room.....	237-4100
St. Vincent Ask-A-Nurse.....	657-8778
STEP.....	248-2055
Tumbleweed.....	259-2558
Warm Line Montana.....	877-688-3377
Yellowstone Boys and Girls Ranch.....	651-1323
Yellowstone Youth Crisis Network.....	888-816-4702
Youth Dynamics.....	259-2132



National Alliance on Mental Illness

# Billings



*Find Help. Find Hope.*

For Families and Individuals Affected by Mental Illness

National Suicide and Crisis Line: 1-800-273-8255

## What is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grass roots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

Members of NAMI are families, friends and people living with mental illnesses such as:

- MAJOR DEPRESSION
- SCHIZOPHRENIA
- BIPOLAR DISORDER/MANIC DEPRESSION
- OBSESSIVE-COMPULSIVE DISORDER (OCD)
- PANIC DISORDER
- POST-TRAUMATIC STRESS DISORDER (PTSD)
- BORDERLINE PERSONALITY DISORDER
- ANXIETY DISORDER

## NAMI Programs

NAMI Billings provides all services to participants **free of charge**.

**Family-to-Family** is twelve week class for families and friends of individuals with serious mental illness.

**Peer-to-Peer** is a ten week recovery-based class for individuals with serious mental illness, taught by trained mentors living in recovery.

**NAMI Basics** is a six week class for parents of children and adolescents with mental illness.

**NAMI Connection** is a weekly, 90-minute recovery support group for people with mental illness. The groups provide an ongoing opportunity to discuss the challenges of living with mental illness and the techniques for maintaining wellness. All groups are facilitated by peers living in recovery.

**Family Support Group** is a weekly, 90 minute support group for family members with a loved one affected by mental illness. This group provides an opportunity to discuss the challenges of living with or taking care of a loved one who struggles with mental illness.

**In Our Own Voice** is a unique public education presentation that offers insight into the hope and recovery possible for people with mental illness.

**Parents and Teachers As Allies** is an educational presentation to teachers and other school personnel addressing the different perspectives of childhood mental illness.

**Teen Connection** is a bi-weekly support group for teens with mental illness. The group provides ongoing support and helps them to find peers who understand the struggles of mental illness.



TOTAL ENCLOSED:

\$ \_\_\_\_\_

DATE \_\_\_\_\_

Make check payable to:  
NAMI Billings

Mail to:  
NAMI Billings  
3333 2nd Ave N, Ste 150  
Billings, MT 59101

OR

Join online:  
[www.namibilings.org/join](http://www.namibilings.org/join)

Call 406.256.2001



**YES, I WANT TO HELP MY COMMUNITY FIND HELP AND HOPE!**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

CREDIT CARD NUMBER \_\_\_\_\_

EXPIRATION DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ SECURITY CODE (from back of card) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

\$40 Individual Membership  \$60 Household Membership  New  Renewal

\$5 Open Door Membership (for those with limited income)  New  Renewal

I am enclosing a donation to support the programs of NAMI Billings in the amount of \$ \_\_\_\_\_