

Everyone Knows Someone

One in four Montana families is affected by a 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 provide education, support and advocacy for individuals and families affected by mental illness.

NAMI Billings offers:

- NAMI core classes including Family-to-Family, Peer-to-Peer, and NAMI Basics
- Weekly support groups for families and peers
- Lending library
- Community educational presentations including In Our Own Voice, and Family & Friends
- Advocacy for improved services in Montana

NAMI Billings

3333 2nd Ave N, Ste 150

Billings, MT 59101

406.256.2001

Email: info@namibillings.org

www.namibillings.org



Billings

Important Phone Numbers:

LOCAL SUPPORT:

Billings Clinic Psychiatric Center (24/7)	238-2500
Billings Clinic ER (24/7)	238-2500
Billings Clinic Health Line (24/7).....	255-8400
Community Crisis Center (24/7).....	259-8800
Mental Health Center	252-5658
Rimrock Foundation.....	248-3175
RiverStone Health Clinic	247-3350
St. Vincent ER (24/7).....	237-7000

NATIONAL SUPPORT:

NAMI HelpLine (M-F 10a-6p EST).....	800-950-NAMI (6264)
NAMI Text	Text NAMI to 741741
Nat'l Domestic Violence Hotline...	800-799-SAFE (7233)
Nat'l Sexual Assault Hotline	800-656-HOPE (4673)
Nat'l Suicide Prevention Lifeline...	800-273-TALK (8255)
SAMHSA Nat'l Helpline (24/7)	800-662-HELP (4357)

LAW ENFORCEMENT:

Billings Police (non-emerg.).....	657-8200
Yellowstone Co. Sheriff (non-emerg.).....	256-2929
MT Highway Patrol (non-emerg.).....	896-4351
Police/Sheriff/MHP (emergency)	911

HELPFUL WEBSITES:

www.nami.org	www.namimt.org
www.montana211.org	www.nimh.nih.gov



Find Help. Find Hope.

For families and individuals affected by mental illness



facebook.com/namibillings

What is NAMI?

The National Alliance on Mental Illness (NAMI) is 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

All services are FREE of charge.
See www.namibillings.org or call 256-2001 for classes and support group schedules.

SUPPORT GROUPS

Meet at NAMI Office. No registration required.

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

Family Support Group is a weekly 90-minute support group providing family members with an opportunity to discuss the challenges of caring for and/or living with a loved one with mental illness.

EDUCATION CLASSES

Registration required – Call office or register at www.namibillings.org

Family-to-Family is a 12-week class for families and friends of individuals with mental illness.

Peer-to-Peer is a 10-week recovery-based class for individuals with mental illness taught by trained mentors living in recovery.

NAMI Basics is a 6-week class for parents of children and adolescents with mental illness.

PRESENTATIONS

Call office for more information

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

Family & Friends is a 4-hour seminar that informs and supports people who have loved ones with mental illness.



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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

\$60 Household Membership New Renewal

\$40 Individual 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 \$ _____

NAMI Billings is a tax exempt 501(c)(3) organization.



TOTAL ENCLOSED:

\$ _____

DATE _____

Donate/Join by Mail:

(make check payable to NAMI Billings)

NAMI Billings

**3333 2nd Ave. N, Ste 150
Billings, MT 59101**

Donate Online:

www.namibillings.org

Join NAMI Online:

www.namibillings.org/join

Contact Us:

Ph: 406.256.2001

Email: info@namibillings.org