



NAMI San Mateo

National Alliance on Mental Illness San Mateo County

2755 Campus Drive, Ste 210

San Mateo, CA 94403

(650)638-0800



What we
provide

Education

NAMI Education courses are designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members and for themselves.





Support

NAMI Support groups are designed for family members, caregivers and individuals living with mental illness. Our groups are designed for those hoping to gain insight from the challenges and successes of others facing similar circumstances.

Advocacy

NAMI is a strong voice on mental illness; carrying out ongoing advocacy for a public policy agenda to improve mental health services throughout our county, reduce the stigma associated with mental illness, and support effective treatment and recovery programs.





Educational Classes



Peer to Peer

Peer to Peer - A FREE 8 week educational course focused on mental health, wellness and recovery for anyone experiencing a mental health challenge. Offers information resources and a community of support to aid you in achieving your goals.



Family To Family

Family to Family - A FREE 8 week course for caregivers and family members of individuals with a mental health condition. The course provides communication and problem solving techniques, coping mechanisms and self-care skills needed to deal with a loved one's mental health challenge.





Support Groups



NAMI Connections

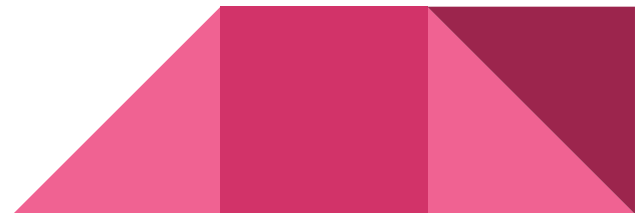
NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI trained facilitators who have been there! *We offer a safe and confidential place to share and glean group wisdom.*

To join NAMI Connections On Line

Each Monday & Thursday

7p-8:30pm

PLEASE log in at 6:45pm so the leaders can help trouble shoot any technical problems. If you need assistance logging on please call **Michael** directly **(650) 784-3272**. Please leave your name and call back number; should Michael in the middle of helping someone.



Connections sign on information

No need to sign up! To join our connections support group zoom meetings please use the following link:

Join Zoom Meeting

<https://zoom.us/j/903824415?pwd=TVFhMExvaENnRWJjK2tZYUlydWhKUT09>

Meeting ID: 903 824 415

Password: 983074



Remote Family Support Groups

For Families of Adults with Mental Illness (aged 18+)

The following Family Support Groups are available remotely!

–**NAMI Cordilleras MHR Center Family Group** meets **1st Monday** (2nd if 1st is a holiday) of the month from **6:30-8pm**. To register, e-mail: cordilleras6765@gmail.com.

–**NAMI Parents of Youth and Young Adults** (ages 6-26) meets **2nd Monday** of the month from **7-8:30pm**. To register, e-mail: parentsofyouth@gmail.com.

–**NAMI South County Family Support Group** meets **2nd Tuesday** of the month from **6-7:30pm**. To register, e-mail: southcountyNFSG@gmail.com.

–**NAMI Spanish Speaking Support Group** (Redwood City) meets **2nd Tuesday** of the month from **6-7:30pm**. To register, e-mail: csagesse@smcgov.org or call (650) 573-2673.

–**NAMI Jewish Family & Services Support Group** (Palo Alto) meets **2nd Tuesday** of the month from **7-8:30pm**. To Register please complete this [submission](#).

–**NAMI Stanford Family Support Group** meets the **4th Thursday** of the month **7-8:30pm**. To Register please complete this [submission](#).

–**NAMI San Mateo Medical Center** meets 3rd Tuesdays from 6:30-8pm. To register, e-mail: charleswoods.nami@gmail.com.



Additional Programs and Resources





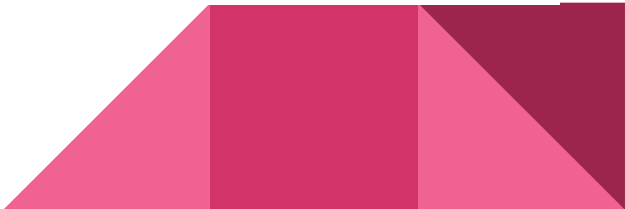
This program, developed by NAMI Santa Clara County (SCC), matches Peer PALS, or mentors, with peer consumers who can use the support of someone who has “been there.” Because Peer Pals share the experience of mental illness in common with their peer, they are in a unique position to relate with and understand their peer’s experience.

PALS helps individuals who are isolated with little or no contact with persons outside their home and help empower them to develop the tools, strategies and techniques to aid their recovery. To be considered for a Peer Pal position please email us: peerpals@namisanmateo.org

See our Peer Pals [Brochure!](#)

Download a Peer [Application!](#)

Download a Pal [Application!](#)



**Did you hear NAMI San Mateo has OUR
own virtual NAMIWalks event this
year?**

As you know, advocacy is more vital than ever and NAMI's FREE programs and services are a critical part of the response to the current situation.

To help fund our services during these important times, on October 10th, our NAMI family will be joined by San Mateo County residents, local businesses and organizations for our very own virtual [NAMIWalks San Mateo County](#) to raise \$40,000.

<http://www.namiwalks.org/sanmateo>

NAMIWalks San Mateo County 2020





NAMI SMC offers Ending the Silence Presentations. A Mental Health Awareness Program for Youth. Please email our Education Coordinator to schedule a presentation:

education@namisanmateo.org

NAMI is delighted to announce an interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends..

One in five teens ages 13-18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment.

NAMI Ending the Silence is a interactive presentation that includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

CIT Law Enforcement Training



NAMI SMC provides a panel that presents to local law enforcement with the intent to educate them on Crisis Intervention. Our efforts are expanding Law enforcement Mental Health crisis intervention training so that they might better serve in situations where mental health needs are not being met. In addition to partnering with the sheriff's department we refer individuals through our warmline to alternative to 9-1-1 services — such as the FAST team of San Mateo and Access San Mateo.

In Our Own Voices

NAMI In Our Own Voice presentations change attitudes, assumptions and ideas about people with mental health conditions. These free, 40-, 60- or 90-minute presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.



More about In Our Own Voice...

This presentation provides:

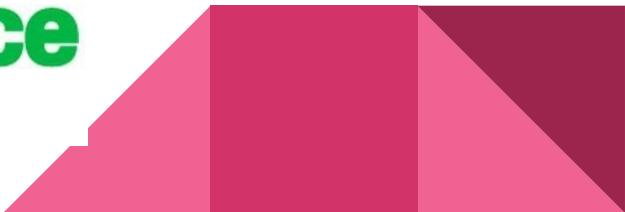
- An opportunity to hear open and honest perspectives on a highly misunderstood topic
- A chance to ask leaders questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- The understanding that people with mental health conditions have lives enriched by hopes, dreams and goals
- Information on how to learn more about mental health and get involved with the mental health community

Watch our video here: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-In-Our-Own-Voice>



National Alliance on Mental Illness

NAMI In Our Own Voice

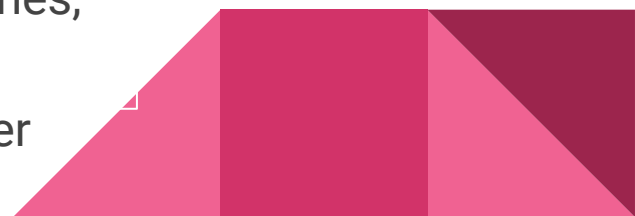


Warmline

LEARN ABOUT UP TO DATE RESOURCES IN OUR COMMUNITY THROUGH OUR WARMLINE!

[\(650\) 638-0800](tel:(650)638-0800) Mon to Fri 9AM-3PM

In our best efforts to support the people we care about during this challenging time, NAMI SMC has kept our WarmLine open during business hours M-F 9-5. When you call, you will receive suggestions and help in navigating services in your area. Resources like housing agencies, crisis intervention hotlines, food banks and NAMI's online support groups are all accessible with the guidance of our NAMI Warm Line Peer operators.



NAMI San Mateo County produces its newsletter ten times a year.

The newsletter covers items of interest within the local and broader mental health community as well as events.

Below you will find the current issue, along with back issues for your reading pleasure.

The newsletter is sent via email to all active members on our NAMI SMC membership list at the end of each calendar month, or sent via postal mail to those members who do not have computer access, or prefer a physical copy. Anyone – members and non-members – can view the current Newsletter by visiting our website at <https://namisanmateo.org/about-us/newsletters-2/>

We welcome input for the newsletter, and actively seek volunteers to help with the production and mailing components. If you are interested in participating, please be in touch via email to nami@namisanmateo.org, or by phone at **650-638-0800**.



Contact Us

To learn more about our programs email us at:

Education@namisanmateo.org

To learn more about volunteer opportunities contact us at

NAMI@namisanmateo.org

To learn more about our resources call us on our warmline at (650)368-0800 or email us at

Outreach@namisanmateo.org



**We welcome you to join our
NAMI San Mateo Community!**

