

Dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy.

General Meeting

**100 S. San Mateo Drive
San Mateo**

Hendrickson Aud. / Mills Health Center
Free evening parking in front

Wednesday, November 16

6:00pm Reception
6:30pm Entertainment
7:15-8:30pm Program

NAMI Thanksgiving



Please join us for our traditional Thanksgiving celebration, focusing on GRATITUDE. Bring your family and friends to enjoy comradere and pie! Everyone who supports NAMI's mission is welcome and encouraged to attend. And, as always, it's free! RSVP TO 650-638-0800. We want to be sure we have plenty of pie! (Note this meeting is on the 3rd Wednesday of the month because of the holiday).

NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illnesses and their families.

Like us on Facebook



<https://www.facebook.com/namismc/>

and



follow us on Twitter

<https://twitter.com/NAMISmc>



NAMI WALKS - SILICON VALLEY A Great Success!

The first NAMIWalks Silicon Valley, held on Saturday, Sept. 17th, in Arena Green West, San Jose, was a big success! NAMI Santa Clara, who hosted the event, stated that about 1,000 people participated either as walkers or to cheer on friends and/or family members. There was a lot of walking, dancing, and eating, which added up to a fun event! Thanks to everyone who participated, fundraised, donated, helped with set up and take down, and/or generally helped out.

Fundraising for the Walk is open until the end of October and you can still win prizes! When you ask friends, family and colleagues to support NAMI SMC, please let them know that all proceeds go towards funding our affiliate's education programs and outreach into the community.

Please help us reach our goal, and donate to your favorite San Mateo County Walk teams: The NAMI SMC team: www.namiwalks.org/team/neverwalkalone; BHRS SMC Help & Hope for All, Kaiser Redwood City Walkers, Nurses for a Better Tomorrow, Kathy's Hope, Stop the Stigma Trekkers, Strong Souls, The Marvels and Walking for Max.

If you have photos, stories to share, or questions, please contact Dyane at 408-453-0400 ext 3125 or email her at dhendricks@namisantaclara.org.

Thanks to everyone for their support of this fabulous annual event!



National Day of Prayer

Tuesday, October 4, 2016
Resource Tables: 11:30 am – 1:30 pm
Program: 12:00 - 1:00 pm
400 County Center, Courtyard
Redwood City

Held around the county - and in San Mateo - for the first time, the Day of Prayer brings interfaith and secular leaders together to publicly recommit ourselves to replace misinformation, blame, fear and prejudice regarding behavioral health issues with truth, inclusion and love in order to offer hope and support to those most in need.

Participants include: Rev. Mary Frazier, Bread of Life Worship Center; Steve Kaplan, Dir BHRS; Jerry Thompson, NAMI SMC; Maha Elgenaidi, CEO of Islamic Networks Group; Joe Ellis, Client; Gloria Gutierrez, Co-Chair of Native American Initiative; Joe Francisco, Client; Pam Grant, Buddhist; Msgr. John Talesfore of St Matthew Catholic Church; Eduardo Tirado, Client; Seini Mateialona and Juliet Vimahi, Co-Chairs of Pacific Islander Initiative; Dilip Amin, Sanatan Mandir Hindu Temple and more.

Questions? Contact William Kruse: 510-506-3815, bkruse@churchfortoday.net or Melinda Ricossa: 650-372-8573, mricossa@smcgov.org. Also visit www.smchealth.org/Spirituality. Sponsored by San Mateo County Behavioral Health and Recovery Service and NAMI SMC.

Stanford Health Policy Forum: Mental Illness: A Global Challenge

Wednesday, November 2, 2016 • 12:00 pm
Berg Hall A, Li Ka Shing Center

Mental illness is the leading cause of disability and mortality around the globe. Even in wealthy countries, only about half of people with mental illness receive adequate care. In low and middle income nations, almost all mental illnesses are left untreated by trained mental health professionals. Yet many other healing resources can be activated in low-resource countries, creating opportunities for people with mental illness to be helped and indeed to thrive. This Health Policy Forum engages the enormous challenges and opportunities of global mental health.

Sponsored by: Office of the Dean, School of Medicine, Center for Innovation in Global Health

Seating is limited and registration is required. Visit <http://events.stanford.edu/events/614/61449/>

Out of the Darkness Walk - Oakland

Saturday, October 15
Lakeside Park, Lake Merritt - The Collonades
Check-in/Registration Time: 10/15/2016 at 6:00 am
Opening Ceremony: 6:30 am
Walk Ends: 9:00 am

<http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3821>

The official mission of the American Foundation for Suicide Prevention's nationwide Out of the Darkness Community Walks is to bring focus and attention to the epidemic of suicide and to help fund research and support for those suffering from depression and mental illnesses that may lead to suicide. Bringing "light" to this cause promotes awareness for those who have not been personally impacted. It also provides a forum for families and friends who have been affected most directly to learn that the historic stigma and shame associated with suicide can be lifted, so that we can work together to find better solutions.

For more information, contact: Alanna Coyote, 510-387-1040, alannacoyote@gmail.com

NAMI CA appoints Dr. Jei Africa to the NAMI California Board of Directors



It is with much pleasure that we announce that Jei Africa, PsyD; MSCP; Director, Office of Diversity and Equity San Mateo County Behavioral Health & Recovery Services has joined the NAMI California Board of Directors.

Dr. Africa is a licensed clinical psychologist who is also certified as a domestic violence and addiction counselor. His work is focused on serving vulnerable communities—working closely with individuals and families—to ensure that they are informed and linked to services, but also empowered to be in-charge of their own health! On being asked to join the Board Jei said, "I saw joining the NAMI CA board as an extension of the work I do in San Mateo—perhaps having a bigger impact!"

Of NAMI's contributions to the mental health arena in California, Jei has said that NAMI's voice has helped change policies and practices through our programs and continued advocacy. It is through his values of equity, social justice and diversity that he hopes to be able to contribute most that remain on the forefront of NAMI's work.

The NAMI SMC Board is delighted that Jei has joined the NAMI CA Board. Congratulations Jei!



To all our volunteers,
THANK YOU.
We couldn't do it without you!

Diana Casey, Helen Greggins & Michael Rodrigues for office support.

Tad Randall for an In Our Own Voice presentation at the Peer to Peer Mentor training.

Hilary Randall for delicious office treats.

Esther Ludena, Jean Chen, Edna & Ryan Daga, Pat Way, Ruan Frenette for the newsletter.

Calvin Shelton, Dana Foley, Deborah Wright for leading Connections.

Kathy Stern & Diana Casey for distributing NAMIWalk brochures.

Brigitte Van Essen for time at the Drug and Recovery Health Fair.

Alan Cochran for time at the Recovery Happens Health Fair.

Lisa Babbitt & Gregg Hardin for graphics support.

Eveline Coffman for balancing our books.

NAMI SMC Hosts Peer to Peer Mentor Training

NAMI SMC hosted a Peer to Peer Mentor Training on September 23-25 in order to expand the number of Mentors available to lead our Peer to Peer classes. We were extremely fortunate that California Clubhouse graciously accommodated our group in their spacious new San Carlos facilities. Their generosity is greatly appreciated!

Participants from three other affiliates—Contra Costa, Stanislaus and Santa Cruz—attended the training. “Very professional, great listening skills, respectful, informative, caring...” were all adjectives used to describe the Trainers, Ryan Forward (Santa Clara) and Oscar Guzman (Santa Rosa) by the participants this weekend! Thank you Ryan and Oscar for your hard work and dedication, and congratulations to all the newly trained Mentors.

A special thank you to Yvette Agua for her invaluable help during the training—she made everything run very smoothly!

To be considered to become a Peer to Peer Mentor, it is necessary to take the Peer to Peer (P2P) class as a participant.

To sign up for our next P2P class (in early 2017), please email Lee Nash, our Education Coordinator at education@namisanmateo.org, or call 650-638-0800.



Oscar and Lauren relaxing during break.



Front row: Oscar Guzman (Mentor Trainer), Deb Fruchey, Allison Clark, Carrie Jensen, Alisa Allen, Asako Kinase-Leggett, Lauren Shea, Annie Baboulevitch, Yvette Agua

Back row: Ryan Forward (Mentor Trainer), & Alan Cochran

We are grateful for donations...

... in honor of
Kristi Connolly's 50th birthday celebration
from Raymond & Margaret Hanley
Mrs. Beth Dooley
Mitch Shoop-Gardner

NAMI San Mateo County appreciates those who send donations that honor loved ones. *Our sincere gratitude!*

Public Benefits for People with Disabilities

An updated 28-page guide to public benefits for people with disabilities is available from Disability Rights California by clicking the link below. The information is current, useful and applies equally to physical and mental disabilities.

www.disabilityrightscalifornia.org/pubs/501401.pdf

Visit www.namicalifornia.org/ to get the latest on legislative activity.

We appreciate your participation in advocacy!

New Additions to the Library



Please visit the library at the NAMI San Mateo County office - we have books and videos available to check out! Watch for our latest additions below. If you have read a book related to Mental Health issues that you believe would benefit others, please email the office with the title and author.

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children by Reid Wilson, PhD & Lynn Lyons LICSW

“Anxious Kids, Anxious Parents” presents an easy-to-read, down-to earth approach for dealing with a variety of anxiety syndromes in children. Not only does it “build” the treatment piece by piece, but it also utilizes a “systems” approach in which the role of everyone in the family, both as part of the problem and part of the solution, is described. Each element of the treatment is thoroughly discussed with practical examples. Self-perpetuating interactions in which “the solution is the problem” which maintain anxiety are described and addressed. Most importantly, the authors prescribe specific practices to address each element of the problems and solutions. The book is highly recommended.

NAMI Connection



2nd & 4th Mondays of each month • 7:00-8:30pm
NAMI office, 1650 Borel Place, #130, San Mateo

People with mental health conditions are WELCOME to this recovery support group. Connection provides a place that offers respect, understanding, encouragement and hope. The group is led by trained individuals who are experienced at living well with mental illness. **No registration is required.** Just drop by; we look forward to meeting you. Call 650-638-0800 or email us at education@namisanmateo.org with any questions.

PLAN of California

Planned Lifetime Assistance Network offers two Master **Special Needs trust** plans for California families with funds to bequeath (minimums \$150,000 and \$300,000). These trusts provide for contract with PLAN for oversight (both fiduciary and personal support services) without endangering public entitlements.

San Francisco contact: Baron Miller 415-522-0500
Los Angeles contact: Carla Jacobs 888-574-1258

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

Oct 18 A Beautiful Mind: John Nash, Schizophrenia, Game Theory and Recovery from Schizophrenia With and Without Medication

Please join by phone or on the web on 2nd Tuesdays for BBR (Brain & Behavior Research) Foundation’s Meet the Scientist Webinar Series. Hear leading mental health researchers present the latest in new technologies, diagnostic tools, early intervention strategies and next-generation therapies for mental illness.

Visit <https://bbrfoundation.org/meet-the-scientist-webinar-series> - very interesting!

Peninsula Veterans Affairs Center

Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300 or visit 345 Middlefield Road, Bldg. 1; Floor 1, Menlo Park.

Check out *Wellness Matters*, the SMC BHRS newsletter
<http://smchealth.org/wm>



NARSAD *Artworks*

Our office carries a supply of cards for birthdays, holidays and all occasions – stop by and pick up a pack - and another for a friend!

Visit NARSAD Artworks for their beautiful holiday cards, notecards, calendars and gifts online at www.narsadartworks.org or call 800-607-2599 or 714-529-5571.

NARSAD Artworks showcases museum-quality art products by and on behalf of mentally ill persons. All proceeds support the Brain & Behavior Research Foundation and NAMI SMC.



SUPPORT GROUP MEETINGS (for information on NAMI Support Groups call 650-638-0800)

- **NAMI Cordilleras MHR Center Family Group**, 1ST Mondays (2ND Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell & Julie Curry, NAMI SMC co-facilitators
- **NAMI Parents of Youth & Young Adults** (ages 6–26), 2ND Mondays, 7-8:30pm. 222 W. 39th Ave. & Edison, Board Room, San Mateo. Park in the large lot on west side of building, off 37th Ave. Enter building through the “Hospital & Clinic West Entrance” and follow the NAMI signs to the 2nd floor Board Room W-225. Info: 638-0800. Kristy Manuel and Ginny Traub, facilitators.
- **NAMI Connection** for persons with mental illness who are working on their wellness & recovery. 2ND & 4TH Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information.

MONDAY

- **NAMI Spanish-Speaking Support Group** for family members, 2ND Tuesdays, 6-7:30pm, 802 Brewster, RWC. 650-573-2189
- **NAMI Coastside Support Meeting** for family members, 2ND Tuesdays, 7-8:30pm. Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 650-726-6369. Karina Marwan, NAMI facilitator
- **NAMI Jewish Family & Children’s Services**, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon & Ron Roth, NAMI SMC facilitators; John Bisenivs, LCSW.
- **NAMI San Mateo Medical Center** for family members. 1st and 3RD Tuesdays, 6:30-8pm. 222 W. 39th Ave. & Edison, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry & Polly Flinn, Carol Metzler & Judy Singer, NAMI facilitators.
- **NAMI South County Support Meeting** for family members, 2ND Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewster, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. **Park behind building and knock loudly on door.**
- **DBSA Mood Disorder Support Group** for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm, College Heights Church, 1150 W. Hillsdale Blvd, San Mateo. Contact at DBSASanMateo@um.att.com or 650-299-8880; leave a message.
- **Korean Support Group**, a family/consumer group. 4TH Tuesdays, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino. Info: Kyo, 408-253-9733.
- **Individuals Living With Their Own Mental Illness**, Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111.
- **Parent Chat**, for parent/caregivers of kids aged 14-24 with mental health challenges. 2nd & 4th Tuesdays, 7-8:30pm. Orchard Room, Los Altos Library, 13 San Antonio Road. Info: Trudy Palmer 650-208-9116 or Donna Soo at 650-823-0997.

TUESDAY

- **NAMI Stanford** for family & friends. 2nd Wednesdays, 7-8:30pm. 401 Quarry Road #1206, Stanford. Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or pamelapolos@comcast.net
- **Jewish Support Group** (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm. For info, call Carol Irwin 408-858-1372. Beit Kehillah, 26790 Arastradero Rd., Los Altos

WEDNESDAY

- **Chinese Language Family Support Group** Last Thursdays (but Dec 17, not 24 or 31), 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, San Mateo. BHRS main entrance. Info: 650-261-3704 (Maureen) or 650-573-3571 (Alice).
- **Coastside Dual Diagnosis Group**, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.
- **Body Image & Eating Disorders**, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. *RSVP required: emlycaruthersmft@gmail.com*. More info: 408-356-1212 or e-mail: info@edrcsv.org.
- **Dual Diagnosis Group for Consumers**, Thurs, 12 noon. 210 Industrial Rd. Bldg. 210, Room 205, San Carlos. 650-232-7426.
- **H.E.L.P. for those with a mental illness and/or in a supporting role**, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Garden Court, 950 Santa Cruz Ave., Menlo Park Contact Jane Clark 650-464-9033
- **North County Support Group** for clients, family and friends. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Community Room, Daly City. Co-facilitators: Linda Hildreth and Adam Harrison LCSW More info: 650-301-8650.

THURSDAY

- **Obsessive-Compulsive Foundation of SF Bay Area**, 3RD Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City. For more information: 415-273-7273; www.ocd-bayarea.com.

SAT.

- **Japanese Education & Support Group**, call (415) 474-7310 for information.
- **Consumer Support Groups**, Heart and Soul, call 650-232-7426 for days & addresses, or visit www.heartandsoulinc.org.
- **Cluttering & Hoarding** Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.

NAMI Education Programs

To be added to the Wait List, call 650-638-0800 or email us at education@namisanmateo.org

Sign up for the evidence-based education class that fits your need (Support Groups on page 5). Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment. PRE-REGISTRATION IS REQUIRED.

- **Basics**—For parents and caregivers of children and adolescents with mental illness.
- **Family to Family**—For relatives of an adult family member with mental illness. Class meets once a week for 12 weeks.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
- **Provider**—for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.
Please contact us to set up an in-house program

NAMI Jewelry, The Perfect Holiday Gift!

Attractive, Distinctive, Meaningful, & Affordable!



See the beautiful assortment of earrings, necklaces, bracelets and pins featuring the signature NAMI “grass roots” symbol at www.namisanmateo.org/NAMI Jewelry Store—purchase a gift today! Proceeds benefit NAMI-SMC. Ordering is easy and secure.

BHRS Family Contacts

Suzanne Aubry, Dir. Family Service & Support:
650-573-2673

Claudia Saggese, Family Liaison (habla Español):
650-573-2189

Teachers/Facilitators Needed

We're looking for persons to facilitate our programs! Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.

Jail Chaplain

Spiritual counseling for incarcerated persons - Marty at St. Vincent de Paul Society: 650-796-0767.

San Mateo County Mental Health Emergency Numbers

Police: 911

Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.

HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRS website. Download “Mental Health Emergency” at www.smchealth.org/MH911 or visit the blog: <http://smcbhrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433

Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915

Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)

Family Assertive Support Team - When your loved one is in emotional distress.

For additional non-emergency numbers relating to Mental Health issues, access www.namisanmateo.org.

The Role of the FAST Team – Family Assertive Support Team

FAST was set up to serve mentally ill adults who are living at home with family members who have not been connected successfully to programs or services. If the person needing help is connected to the County or a service provider for mental health the families should look to those existing services for help.

FAST is happy to work with persons who have limited insight into their need for assistance. If unsure whether or not we are a good fit for your family member call, leave a message, and ask for a consult.

Some important things to remember

FAST is NOT an emergency team and it may take time for us to return calls, we are a small team trying to cover to entire county of San Mateo. If you have a situation that needs an immediate response call 911, and ask for a CIT trained officer to come to your assistance.

Since 2013 we have helped hundreds of families make needed changes in often desperate circumstances, many people have called us a crisis team, we are not. What we are is a highly dedicated team that will try everything to help families and their love ones to improve their situation and get much needed services which will make the difference.

FAST in the past year helped 88 families in life changing ways. However once people are connected to services and are doing better we hand clients off to other services, so in that sense we are a time limited program.

Other considerations: when calling for help please give your call back number at the beginning of your message and tell us the best time to contact you. Many people forget to leave call back numbers. Leave a brief description of what your family situation is.

Our office numbers are 650-363-8125 /650-368-3178, and message pagers 650-371-0407 or my pager is 650-371-7416.

Remember, many of the situations we are asked to help resolve have often been going on for years. It is therefore reasonable to assume it will take some time to provide real solutions. One thing I can promise all who call is we will do our very best to help your family members.

Thanks to all for NAMI's good work. We look forward to continued successful collaboration.

---Ian Adamson, CEO Mateo Lodge
<http://www.smchealth.org/general-information/family-assertive-support-team-fast>

MHSARC Meetings - open to the public

First Wednesday of each month • 3:00 - 5:00pm
Time/locations vary, please check with 650-573-2544
or www.smchealth.org/MHSARC
Health Services Building Room 100
225 W. 37th Ave., San Mateo

AGED-FOCUSED COMMITTEES:

Call for location: 650-573-2544

Older Adult Services Committee • 10:30am - 12:00
Adult Services Committee (combined with former CRC)
• 10:30pm - 11:30, 3rd Wednesdays
Children and Youth Services Committee • 4pm - 5:00

Board of Supervisors Meeting

First Tuesday of each month • 9:00 a.m.
Board Chambers
400 County Center, First Floor, Redwood City

Board of Supervisors agendas are found at
<http://www.co.sanmateo.ca.us/portal/site/bos>

Shopping Supports NAMI SMC

Please sign up! Tell a friend!

Together, shopping through any of these mediums makes a real difference. For more information, contact the office at 650-638-0800 or nami@namisanmateo.org.

S.H.A.R.E.S goes escrip! Save Mart, Lucky and Foodmaxx have now partnered with **escrip**. Go to www.escrip.com, click on "sign up," follow the instructions to register your grocery cards and your existing credit/debit cards for NAMI San Mateo County. You'll earn up to 3% on qualifying purchases when you check out with your registered phone number. Go to escrip.com/shares to register.



Always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. When you log onto smile.amazon.com please choose NAMI San Mateo County as your charitable organization; from there your shopping purchases will be linked directly to us!

**Social Security Benefits or
Vocational Rehab Questions?**

Call Wendy Jordan at 650-802-6482

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National Day of Prayer

October 4 - see page 2

Out of the Darkness Walk

October 10 - see page 2

Stanford: Mental Illness: A Global Challenge

November 2 - see page 2

General Meeting

November 16 - see page 1

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402

RETURN SERVICE REQUESTED

Time Value

Please Become a Member of NAMI San Mateo County

1650 Borel Place, Suite 130, San Mateo, CA 94402

- Regular Member (\$35 to \$99)*
 Sustaining Member (\$100 to \$499)*
 Patron Member (\$500 to \$999)*
 Benefactor Member (\$1,000 or more)*
 Mental Health Individual (\$10)
 Renewal or New Membership Amount Enclosed: \$_____
- Change Address (print new address below, include bottom this page with old address)

* A portion of your membership donation is sent to National NAMI and to NAMI California

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

Pay by: Check Visa MC Credit cards charged to billing address.

Credit Card# _____ Expires _____ 3 Digit code _____

Amount \$ _____ Signature _____

How did you hear about NAMI? _____

Please check all that apply: I/we am/are Family Consumer
 MH Professional Business or Agency Friend

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Our Tax ID number is 94-2650681. *Thank you for your support!*

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402
650-638-0800 / FAX: 650-638-1475
nami@namisanmateo.org
www.namisanmateo.org
Office open: 9am-3pm, M-F (or by appt.)

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See more articles in our web version of the newsletter at www.namisanmateo.org/