

Join or Donate

Become a member or donate to NAMI Dane County by filling out this form and mailing it, along with payment, to 2059 Atwood Ave., Madison, WI 53704. Or, you may go to our website at: www.namidanecounty.org.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

There are three membership rates depending on what makes the most sense for you:

- \$60 for a Household membership
- \$40 for an Individual membership
- \$5 for an Open Door (low-income) membership

I am paying for my membership and/or making a donation with the following:

- Check
- Cash
- Credit Card

Total Amount: _____

CC Number: _____

Exp. Date: _____

CSV Number: _____

Name on Card: _____

NAMI Dane County is the founding chapter of the National Alliance on Mental Illness (NAMI).

Our mission is to provide education, support, and advocacy for people affected by mental illness in Dane County.

ADVOCACY



NAMI Dane County shapes public policy at the local, state, and national levels for people with mental illness and their loved ones, and provides volunteers with the tools they need to be advocates.

EDUCATION



Our education programs ensure thousands of families, individuals and educators get the support and information they need to better understand mental illness and navigate the mental health care system.

SUPPORT



Through the NAMI Dane County Support Line, we respond to hundreds of requests each year and provide free referrals, information and support - a much-needed lifeline for many. Just call us at 608-249-7188.

AWARENESS



We lead awareness events and activities throughout the year to reduce stigma and encourage understanding of mental illness.

Find us online at www.namidanecounty.org and don't forget to check us out on social media!



National Alliance on Mental Illness

Dane County

#StigmaFree



BUILDING BETTER LIVES.

Providing education, support and advocacy for people affected by mental illness in Dane County.

FIND NAMI. FIND HELP. FIND HOPE.

Dane County's voice on mental illness.

NAMI Dane County
2059 Atwood Ave. | Madison, WI 53704
(608) 249-7188
contact@namidanecounty.org
www.namidanecounty.org

NAMI FAMILY SUPPORT GROUP is for family members, caregivers and loved ones of individuals living with mental illness. The group meets the 1st and 3rd Mondays of each month from 7:00-8:30pm.

CONNECTING SUPPORT offers a casual and relaxed approach to sharing the challenges and successes of coping with a mental illness. The group meets every Sunday from 6:30-8:00pm.

WOMEN'S DEPRESSION/ANXIETY is for women who experience depression/anxiety. The group meets the 1st and 3rd Wednesdays of each month from 6:30-8pm.

BIPOLAR/DEPRESSION is for people who have bipolar disorder and/or depression. The group meets every Monday from 6:30-8pm.

NAMI DANE COUNTY SUPPORT LINE is a free phone service that provides information, referrals, and support during normal business hours. Just call (608) 249-7188.

**Support groups are held at the United Way Building at 2059 Atwood Avenue in Madison. Please arrive 10 minutes before the scheduled start time of your group so that the facilitator can let you into the building and the group can start on time.*

“ *My eyes have been opened to mental illness and how to cope and better understand everything with it. NAMI saved my life!*
-Anne, support group participant ”

Get Involved

DONATE

When you make a financial contribution to NAMI Dane County, you help us change lives and ensure no family or individual is alone on their mental health journey.

BECOME A MEMBER

Support the efforts of NAMI Dane County and join our voice! Your NAMI Dane County membership includes membership at the local, state, and national levels. Go to our website for more information: www.namidanecounty.org.

VOLUNTEER

Whether you are giving your time because our programs have helped you or a loved one or you are passionate about mental illness, you can make a difference!

NAMIWALKS DANE COUNTY

NAMIWalks Dane County is our largest and most successful awareness and fundraising event. It is an opportunity to bring together families, individuals, coworkers, and businesses to help raise funds, combat stigma, and promote awareness.

NAMI BASICS is a 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed.

NAMI FAMILY-TO-FAMILY is a 12-week education program for family, significant others, and friends of people living with mental illness.

NAMI PEER-TO-PEER is a 8-week education program for adults with mental illness who are looking to better understand their condition and journey toward recovery.

NAMI HOMEFRONT is a 6-week education program for families, caregivers, and friends of military service members and vets with mental illness.

NAMI ENDING THE SILENCE is a 50-minute presentation to students, teachers, and parents to teach them about warning signs of mental illness and where to get help.

CRISIS INTERVENTION TEAM/PARTNER is for law enforcement and corrections officers to improve their interactions with people in crisis.

