

## NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with mental illness, along with their family and friends. NAMI's mission is to provide education, support, advocacy, and research. Please contact the NAMI affiliate closest to you for further information or to attend any of these valuable groups and education courses.

### **NAMI Family to Family Education:**

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. This educational class is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

### **NAMI Peer-to-Peer Education:**

NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussions and interactive exercises.

## Family Advocate Help Line 800-330-4522

**HELPLINE** is a free, confidential crisis / suicide intervention. Service available 24 hours a day and 7 days a week  
**Call: 951-686-HELP or 951-686-4357**

**NAMI Riverside** - 951-369-2721  
NAMI@namiwesternriverside.org

**NAMI Temecula Valley** - 951-672-2089  
info@namitv.org

**NAMI Mt. San Jacinto** - 951-765-1850  
namihemet@gmail.com

**NAMI Coachella** - 888-881-6264  
namicoachellavalley@gmail.com

**www.NAMI.org**

This information is available in alternative formats upon request.



2085 Rustin Ave., Riverside, CA 92507  
951-955-7164 / rcdmh.org/FAP



Riverside University Health System  
Behavioral Health

## FAMILY ADVOCATE PROGRAM

If you need assistance please call  
**800-330-4522**

**"We've Been There,  
We Can Help"**

## About our program

Having a family member with a serious mental illness places an enormous burden on families. It affects all of its members: parents, siblings, children, and spouses. The psychological, financial, and physical well-being of family members is often negatively affected. Due to the stigma society places on mental illness, families often feel isolated and deprived of support in the community.

The primary function of the **Family Advocate Program** is to assist family members in coping with the illness of their adult family member through the provision of information, education, and support. In addition, the **Family Advocate Program** provides information and assistance to family members in their interaction with service providers and the mental health system, in an effort to improve and facilitate relationships between family members, service providers, and the mental health system in general.

The **Family Advocate Program** staff are themselves family members, so families may feel confident they are dealing with individuals who are sensitive to their needs.

**ALL SERVICES AND PRESENTATIONS ARE FREE OF CHARGE**  
**SERVICIOS DISPONIBLES EN ESPAÑOL**

## Have you ever asked yourself any of the following questions?

- What is Schizophrenia?
- What is Bi-Polar?
- What is Major Depression?
- What is an assessment?
- What is an evaluation?
- What do I do when my family member becomes violent?
- What is a 5150? What is a 5250?
- What is conservatorship?
- How do I obtain services for my family member?
- Where are mental health services located?
- Why won't the mental health staff talk to me?

If you have asked any of these questions and believe it would be helpful to get answers to them, you could benefit from services provided by the **Family Advocate Program**.

### Presentations Provided

*Prevention and Planning*  
*My Family Member Has Been Arrested*  
*Entering the Criminal Justice System*  
*The Legal System / Mental Health Court*  
*Recovery*

## Services we provide

Individual Support  
Family Support Groups  
Family Education Programs  
Navigating the Behavioral Health System  
Community Resources and Referrals

## Support Groups

The **Family Advocate Program** provides weekly support groups in both English and Spanish throughout the county. Please contact your Family Advocate for information regarding additional support groups in your area.

### Western Region Family Advocate

(Serving Riverside, Corona, Moreno Valley, Norco, Rubidoux)

**800-330-4522**

### Mid-County Region Family Advocate

(Serving Hemet, Lake Elsinore, Menifee, Murrieta, Perris, San Jacinto, Temecula)

**951-943-1130**

### Desert Region Family Advocate

(Serving Beaumont, Banning, Coachella, Cathedral City, Desert Hot Springs, Indio, Rancho Mirage, Palm Springs)

**760-863-8516**