NAMI New Jersey



See what's happening in November:

November is Family Caregiver Month: NAMI Resources

- NAMI has partnered with the National Alliance for Caregiving (NAC) to create "Circle of Care: A Guidebook for Mental Health Caregivers." This guidebook emerged from the national study on mental health caregiving, "On Pins and Needles: Caregivers of Adults with Mental Illness."
- "Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency" (Crisis Guide) provides important, potentially life-saving information for people experiencing mental health crises and their loved ones. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.
- **NAMI's The Expert is In: Caregiving Video Series**. Expertise on mental health conditions can come from all angles and experiences. You don't need to have a PHD for your experiences to give you expertise around a condition. Many of us have lived-in experiences or have been caretakers and supporters, and each of these experiences have valid insight to share.
    - Part One: In this Caregiving Video Series, we listen in as Mia Brown, a caregiver for young adults at risk and a mother of a child with special needs, chats with Ani Baker, a retired public school teacher for children with special needs. They discuss their journey as caretakers, the challenges they have faced, and learning how to say "No" to protect their mental health.
    - Part Two: They discuss how they protect their mental health, setting boundaries, and what is in their self-care toolbox to prevent burnout.
- **NAMI Mental Health Education programs**: www.nami.org/Support-Education/Mental-Health-Education
- **NAMI Family Support Groups (FSG)**: www.nami.org/Support-Education/Support-Groups
- **NAMI NJ also offers specialty FSG for diverse populations** (spouses, siblings, and families with a loved one who is in or has been in a state hospital): naminj.org/programs/nami-family-support-group
- **NAMI NJ offers support and education for four racial/ethnic communities and beyond**: naminj.org/programs/multicultural

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National & Statewide Events

Friday, November 3

NAMI Homefront
Fridays, November 3 - December 15
4:30 p.m. - 6:30 p.m. ET
NAMI and the Department of Veterans Affairs have joined together to offer virtual NAMI Homefront Classes. Learn more
Register here | Download flyer

Thursday, November 9

NAMI Southwest Connecticut Virtual Speaker Event: "The Metabolic Theory of Mental Illness"
7:00 p.m. - 8:30 p.m. ET
NAMI NJ is pleased to collaborate with NAMI Southwest CT and NAMI NYC Metro to bring to you a free public presentation by a leading Harvard psychiatrist, Dr. Christopher Palmer, as he discusses the causes of mental illness and the connection between metabolism and the factors known to play a role. Learn more
Register here

Tuesday, November 14

NAMI In Our Own Voice Presentation
7:00 p.m. - 8:15 p.m. ET
A powerful presentation that aims to change attitudes, assumptions, and stereotypes about people living with mental health conditions. Learn more
Register here

Thursday, November 16

NAMI Ask the Expert: Bipolar Disorder - Advancements in Research & Treatment
4:00 p.m. - 5:30 p.m. ET
Dr. Andrew Nierenberg of Massachusetts General Hospital will give an overview of the most up-to-date research and current data available on the long-term course of Bipolar Depression and its treatment.
Register here

Wednesday, November 29

"Tardive Dyskinesia: New Hope" Webinar
1:00 p.m. - 2:00 p.m. ET
Dr. Christoph U. Correll will discuss the prevalence, risk factors, prevention and intervention of Tardive Dyskinesia, including the new hope of recovery in view of recent FDA changes. Learn more
Click here to join this free public webinar on 11/29 at 1pm ET!

Affiliate/Program Collaboration Events

Thursday, November 2

"Decolonizing Mental Health for AAPI Youth & Families" Symposium
9:00 a.m. - 7:00 p.m.
NAMI NJ's two Asian outreach programs, CAMHOP and SAMHAJ, are collaborating with CAFAMH and Collected on this symposium

and its panel presentation. Learn more
Register here

Monday, November 6

NAMI Middlesex Speaker Series - "Inspiring Hope: Families Share Their Stories"
5:30 p.m. - 7:30 p.m. ET
Hear some inspiring stories from Middlesex families who are successfully managing mental health issues.
Register here | Download flyer

Saturday, November 11

NAMI Warren and IFSS: "Telling Your Own Story"
9:30 a.m. - 12:00 p.m.
You will be guided in creating a concise and compelling version of your story that will serve as the springboard for your advocacy.
Learn more

Saturday, November 18

"A Night At the Races"
NAMI Mercer staff, volunteers, and supporters will gather at Trenton Country Club for a Kentucky Derby themed event, complete with southern fare, mint juleps, live bluegrass music, a silent auction, and some friendly wagering - with donations to benefit NAMI Mercer! Mental health champions will be honored.
Learn more | Buy Tickets

Social Time

Sunday, November 5

SAMHAJ Celebration
11:30 a.m. - 2:30 p.m.
NAMI NJ South Asian Mental Health Awareness in Jersey (SAMHAJ) program's annual celebration event.
Location: Crown of India in Plainsboro
Learn more | Register here

Monday, November 20

Expressive Arts Network Café
6:00 p.m. - 7:00 p.m. ET
The virtual Expressive Arts Café is a series of Zoom meetings featuring different topics ranging from poetry to musical interpretations, from vision boards to handmade crafts. Learn more | RSVP here

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The above programming is supported by funds you raise!



Giving Tuesday - A Global Generosity Movement

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Over the past 10 years, this idea has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. This GivingTuesday, on **November 28**, support NAMI NJ's mission by giving back.

Donate now



Last Chance to Donate to NAMIWalks NJ 2023

NAMIWalks NJ 2023 represents a powerful chance to leave a significant mark on the local mental health landscape. Funds raised will go towards free programs of support, education and advocacy through levels of NAMI – national, state and county. The event may be over, but we still have time to hit our goal. The portal remains open, and we urge all of you to continue to raise funds online till **December 10**.

Donate now

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National Alliance on Mental Illness
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Get In Touch

NAMI New Jersey | 1562 Route 130, North Brunswick, NJ 08902

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