



NAMI
National Alliance on Mental Illness

Rhode Island

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*NAMI Rhode Island is
the state chapter of the
National Alliance on
Mental Illness.*

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Dear Friends of NAMI Rhode Island,

How many times in the last year have you heard the words "mental illness" associated with hope, recovery and kindness? Here at NAMI Rhode Island, it happens every day.

"It's a feeling of family -- people who understand you and can relate," says Tammy, who has travelled the path toward recovery and is now helping others by leading a NAMI Connection Recovery Support Group.

"I have counseling once a week, but I don't have people in my everyday life who understand mental illness," says Tammy. "I come in here and get to laugh about things that other people don't understand. We use our coping skills, we embrace humor as healthy. I see how it helps people."

Connection Recovery Support Groups are just one of the free mental health programs you make possible with your charitable gift to NAMI Rhode Island. In the last year, we've provided free support groups and education to more than 6,000 Rhode Islanders, including thousands of high school and college students.

Will you consider a charitable gift to NAMI Rhode Island this season? With your support, we can train more volunteers to lead Connection groups for people living with mental illness and Family Support Groups for the people who care about them.

Your contribution will provide free educational programs to students, helping young people to advocate for themselves and their friends when they experience warning signs of mental illness. And your support will help us advocate for mental health research, policies and funding so we can build a better mental health care system at the state and federal level.

The mission of NAMI Rhode Island:

- > To educate the public about mental illness
- > To offer resources and support to all whose lives are touched by mental illness
- > To advocate at every level to ensure the rights and dignity of those with mental illness
- > To promote research in the science and treatment of mental illness.

"I think that people really want to get better and get involved in these programs," says Tammy. "I have the passion to help people. Leading the Connection support group is helping me focus on responsibility and commitment and showing me how I can give back."

People like Tammy are the heart and soul of NAMI Rhode Island. All across our state, there are individuals and families who are committed to this work. People like you can make it happen.

We are grateful to our incredible community of supporters who have made it possible for us to offer our services free of charge since 1983.

This autumn, we were lifted up by the presence of nearly 500 supporters who came out to Roger Williams Park for NAMIWalks and helped us raise \$75,000. That amazing result will fund nearly one-third of our annual budget.

Will you help us fill in the gaps in our budget so that we can focus on providing support, education and advocacy in the year ahead?

As one of our NAMI members, Bill, explained: "I heard about NAMI when I was having a hard time with bipolar disorder. I was shaking every time I came in. NAMI really helped me by providing peer support from people who understand mental illness. One of the ways I got better was by getting involved with NAMI, taking classes, and eventually learning to lead a support group."

I hope you'll take a moment to read the enclosed newsletter and learn more about our work. Thank you for supporting NAMI Rhode Island!

Best wishes,

Cindy Elder
Executive Director
NAMI Rhode Island

P.S. Remembering NAMI Rhode Island in your planned giving is a wonderful way to ensure that help will be there when it's needed for years to come.