

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

NAMI is the nation's largest grassroots behavioral health organization dedicated to improving the lives of persons living with a mental health condition, 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 a mental health condition. 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 a mental health condition, 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 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 - 442-275-2385
namicoachellavalley@gmail.com

www.NAMI.org

This information is available in
alternative formats upon request.



2085 Rustin Ave., Riverside, CA 92507
951-955-7166
rcdmh.org/FAP

RUHS- BH BR/FAP-005 Rev 03/21



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 that has a serious mental health condition can affect every family member. The psychological, financial and physical well-being of family members is often negatively affected by their condition. Families often feel isolated and deprived of support in the community due to the societal stigma placed on mental health conditions.

The primary function of the **Family Advocate Program** is to assist family members to cope with the challenges of their adult family member through the provision of information, education and support. The **Family Advocate Program** provides information and assistance to family members in their interactions with service providers and the behavioral health system, in an effort to improve and facilitate relationships that promote recovery for the entire family.

The **Family Advocate Program** staff are themselves, **family members**. So families can feel confident they are engaging with individuals who are sensitive to their needs.

"We've Been There, We Can Help"

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 does conservatorship mean?
- How does my family member obtain services?
- Where are behavioral health services located?
- Why won't the behavioral health staff talk to me about my loved one?

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**.

We offer Family Education around:

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

Services we provide

Individual Support
Family Support Groups
Family Education Programs
Navigating the Behavioral Health System
Community Resources and Referrals
Special Presentations
Substance Abuse Family Support Groups

Support Groups

The **Family Advocate Program** provides weekly support groups in both English and Spanish throughout the county., and in a virtual platform. 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)

951-955-1496

Mid-County Region Family Advocate

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

951-600-6457

Desert Region Family Advocate

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

760-863-8516