

## **MENTAL HEALTH RESOURCES**

Did you know that there is a Lehigh Valley chapter for NAMI (National Alliance for Mental Illness)? NAMI of the Lehigh Valley is located at 802 W. Broad St. in Bethlehem.

### **Support groups are held at a variety of locations:**

- NAMI-CAN (Child and Adolescent Network) provides support for families with children under age 18.
- NAMI-Lehigh Valley provides support for families with an adult member who has a mental illness.
- NAMI C.A.R.E. (Consumers Advocating for Recovery through Empowerment provides support to adult consumers.

### **Free classes are also offered periodically at various locations:**

- Family-to-Family classes are designed for caregivers & loved ones of an adult with mental illness.
- Hand-to-Hand classes are designed for caregivers & loved ones of a child or adolescent with mental illness.
- Peer-to-Peer classes. are designed for the adult consumer with mental illness.

Note: These classes have limited seating & fill up VERY quickly, so please register ASAP. You may need to be put on a waiting list for the next series of classes.

**For more info, please call 610-882-2102 or visit [www.namipalehighvalley.org](http://www.namipalehighvalley.org)**

## **WHAT IS WARMLINE?**

Warmline is a free telephone service for Lehigh and Northampton County adults who are challenged by loneliness, confusion, & other mental health concerns or who need information about available services. Warmline specializes in the concerns of mental health consumers, their families and friends.

The information specialists at Warmline are trained to listen, not judge. They can help you explore problems & possible solutions. The goal is to prevent crisis mental health situations. Warmline is available 24 hours a day,

7 days a week, including all holidays. Please call 610-820-8451 or 610-820-8549. If you live outside the local calling area, you may call collect. Warmline does not require you to give your name. All calls are strictly confidential.