

YOU ARE HELPING PEOPLE IN OUR LOCAL COMMUNITY



Meet David.

When his wife was diagnosed with bipolar disorder, David's whole world was turned upside-down. While she was receiving support from her psychiatrist, therapist and other individuals dealing with mental health issues, David went to work each day as usual and spoke to no one about the change in his life. He didn't feel he could talk with his extended family about the situation as they were judgmental about his wife's illness. He felt isolated and alone.

David's luck began to change when an acquaintance recommended that he call NAMI Waukesha, the National Alliance on Mental Illness in Waukesha. David began his interaction with the agency by utilizing the one-on-one support program, a program funded by United Way. He found comfort in the sessions and learned strategies to assist him with coping.

Some months later, a friend of David's confided in him that his wife had been diagnosed with depression, and he didn't know where to turn. David told his friend about the assistance he had received from NAMI and recommended that his friend consider contacting the agency. David mentioned that NAMI facilitated support groups but that he had never attended one of the meetings because he felt uncomfortable talking about his feelings in a group setting. By the end of the conversation, David and his friend decided to attend a support group meeting together.

At the meeting, David and his friend met other individuals dealing with many of the same issues prevalent in their own lives. This gave David peace of mind in knowing that he was not alone. The support group provided David with the means to accept his wife's condition and a positive perspective that he applies to his everyday life. He continues to attend the occasional meeting, and he often helps others begin their journey of coping by referring them to NAMI.

Results Statement from NAMI's Support Program

- 94% (738 of 786) program participants were able to understand that mental illness is a disease after accessing the program's support services.
- 89% (701 of 786) program participants reported feeling less isolated as a result of accessing the program's support services.