

PURPOSE OF THIS GUIDE

Dear Reader,

Greetings from NAMI Wisconsin! Thank you for using this guide, we hope it will be helpful in many ways. This guide is intended for many audiences: people living with mental illness, family members, friends and health care providers.

1/4 of our state's population experiences mental illness in a given year. With the right support and treatment, every single one of these people can experience recovery. Unfortunately, accessing and getting the most out of mental health services can be complicated and confusing. Maintaining healthy relationships can be difficult.

The purpose of this guide is to simplify that process by providing an overview of available resources and some practical advice for difficult situations and relationships. Please keep in mind that each person's experience is unique, so no one set of guidelines can apply to every situation. Nonetheless, we hope this guide provides some structure to complex issues. Most of all, we hope it provides a sense of hope. Recovery is possible and people with mental illness can not only survive — but thrive.

Welcome to the NAMI community!

Warmly,

NAMI Wisconsin

