

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Did you know?

NAMI started in 1979 with just 284 people meeting around kitchen tables.

May Awareness Spotlight

NAMI- National Alliance on Mental Illness

Hey, it's May now, so it's time for another newsletter from KeepItPushing.org. This month I'm featuring a community organization called NAMI — the National Alliance on Mental Illness. The organization started with a group of parents who were frustrated with the lack of resources and support for their children. Today, NAMI is one of the largest and leading organizations in mental health awareness and advocacy.

NAMI has grown so much that it now has six branches throughout Los Angeles County, plus a branch in San Francisco. The original NAMI was founded in 1979, and NAMI GLAC (Greater Los Angeles County) was founded in 1986, meaning they're celebrating 40 years of community support.

All of NAMI's services are free, including support groups for people with mental health issues and their families, cultural and language support, education classes, presentations, and a warm-line where you can talk to a live person if you need help. Their contact numbers are (213) 386-3615 or (818) 208-1801.

According to the email response I received, NAMI — and whichever chapter you prefer — does hire disabled people with mental health conditions and lived experience. NAMI GLAC and all chapters are always looking for ways to expand and improve services for the mental health community.

I spoke with Miss Hickey, who works in marketing and communications for NAMI. She told me her motivation for working there comes from seeing firsthand the impact NAMI has had for decades. She said the services truly save lives and give her hope for the mentally disabled community. She feels honored to work for an organization doing this kind of work. To wrap up this month's newsletter, Miss Hickey encourages everyone to use the resources available and share with others. Thank you to all the supporters of KeepItPushing.org over the years. Until next month, this is Gilbert J. for KeepItPushing.org