



FOR IMMEDIATE RELEASE

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HelpLine and National Alliance on Mental Illness of Ohio Announces Kick off Event for Delaware-Morrow Chapter

Delaware, OH – HelpLine of Delaware and Morrow Counties, Inc. (HelpLine) and National Alliance on Mental Illness (NAMI) of Ohio announced today the kickoff event for the NAMI Delaware-Morrow County Chapter on Thursday, January 22 at 6:30 p.m. at Willow Brook Christian Community, 100 Willow Brook Way South, Delaware, Ohio. The event will feature guest speaker Frederick J. Frese III, Ph.D., a well known advocate for the mentally ill and their families.

A psychologist with thirty years experience in public mental healthcare, Dr. Frese was diagnosed with schizophrenia as a young Marine Corps officer while serving in Japan during the Viet Nam war. Despite his disability, Dr. Frese has gone on to earn a masters and doctorate degrees in psychology from Ohio University.

According to NAMI Ohio educator and support group co-facilitator Becky Becker, Frese is a stellar example of an individual who refused to be inhibited by mental illness.

“Dr. Frese embodies the message we want communicate to individuals and families coping with mental illness,” said Becker.

“Mental illness does not preclude an individual from achieving a successful, fulfilling life.”

The event signals the end of a hiatus for the chapter which hopes to resume a weekly support group where anonymity, empathy and respect will be the cornerstones. HelpLine Family Education and Support Coordinator and NAMI Ohio support group co-facilitator Aimee McCann said that the groups will feature sharing and synergistic solutions to a wide range of problems presented by attendees. McCann too believes that the group will provide a forum and outlet to the message of self-efficacy in the midst of mental illness.

“NAMI provides information and resources to cope with mental illness effectively,” said McCann.

“Through NAMI, individuals or families dealing with the mental illness soon began to realize strengths they never had which will help them meet situations they never anticipated.”

This event is free and open to the public. Hors d'oeuvres will be served.

For more information, contact Aimee McCann at 740.363.1835 or Becky Becker 419.253.1245

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About National Alliance on Mental Illness of Ohio (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of

individuals and families affected by mental illnesses such as major depression, bipolar disorder and schizophrenia. Chartered in 1982, NAMI Ohio's nearly 60 local affiliates play an active role providing research, support, education, and advocacy on a local level.

About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is a private, non-profit organization that provides a 24-hour support and information line, information and referral to direct services, prevention education, and serves as the area's only volunteer center. HelpLine facilitates the stability and self-sufficiency of the emotional and financial needs of the Delaware and Morrow County communities. HelpLine is a provider agency of the Delaware Morrow Mental Health & Recovery Services Board and a member of the United Ways of Delaware & Morrow Counties. Certified by the Ohio Department of Mental Health, HelpLine is partially funded by the Council of Older Adults, the Ohio Attorney General's Office, Ohio Department of Development, Office of Criminal Justice Services and Ohio Department of Health. HelpLine is accredited by Alliance of Information and Referral Systems (AIRS) and National Association of Suicidology. For more information, please visit: www.HelpLinedelmor.org.

Contacts:

Sue Hanson, Executive Director
740.363.1835, ext. 107
E-mail: shanson@helplinedelmor.org

Tamika Vinson, Outreach Coordinator
740.363.1835, ext. 112
E-mail: tvinson@helplinedelmor.org