

AACT-NOW September 2025 Newsletter



September is

National Suicide Prevention Month

988

September is National Suicide Prevention Month. Take time to learn the risks facing our community, talk about the need for mental health resources, and check in with loved ones about how they are feeling.

If you or a loved are experiencing suicidal ideation or a mental health crisis, please call 988 for assistance and support.

988: Suicide and Mental Health Crisis Hotline

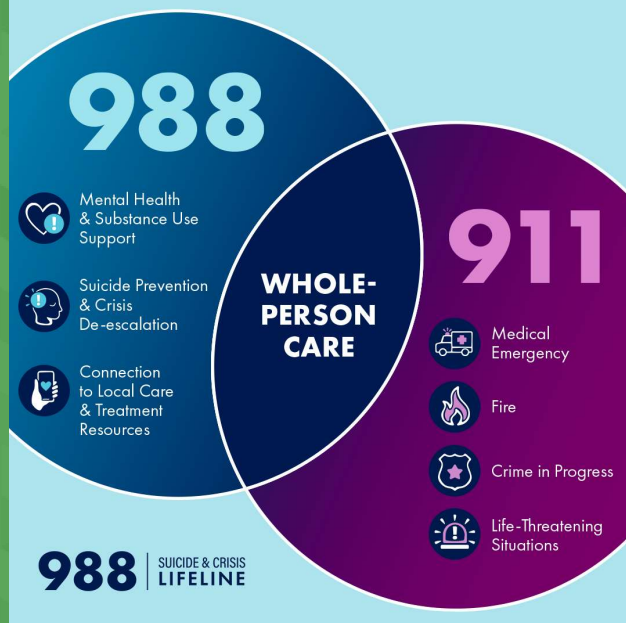
988 & 911

When families and individuals are in need of mental health support, they often call 911 for assistance. While 911 is a great tool and resource for life-threatening situations or possible risks of harm, **it is best to call 988 if you...**

- Need of mental health or substance use support.
- Need someone to talk to or need support with de-escalation.
- Need guidance on local

treatment centers and resources.

988 is also available for Spanish speakers and deaf/hard-of-hearing individuals.



[Learn More](#)

*If you or a loved one are experiencing a mental health crisis,
please contact 988 for assistance.*

AACT-NOW & NAMI NJ Events for the Fall

AACT-NOW Family Support Group



Every 3rd Thursday of the month
7 pm to 8:30 pm
Register for zoom link

Scan the QR code or
click the link below!



AACT-NOW Family Support Group

Date: September 18th, Every 3rd Thursday

Time: 7pm - 8:30 pm EST

Location: Virtual

AACT-NOW is back with our Family Support Group meetings! This is a free, online support group for those who have loved ones with mental health illnesses. With us, you can receive resources, information, support, and understanding.

Price: FREE

[Register Here](#)

AACT-NOW

Recovery Support Group



Every 4th Monday of the month
6:30pm-8pm



**Scan the QR code or
click the link below!**



AACT-NOW Recovery Support Group

Date: September 22nd, Every 4th Monday

Time: 6:30pm - 8pm EST

Location: Virtual

AACT-NOW is back with our Recovery Support Group meetings! This is a free, online support group for individuals dealing with a mental health condition. With us, you can receive resources, information, support and understanding.

Price: FREE

[Register Here](#)



NAMI NJ's Hope for the Future Gala

Date: Thursday, November 20th

Time: 6pm-10pm

Location: Westin Princeton Hotel at Forrestal Village,
201 Village Blvd., Princeton NJ

Join us for the "Hope for the Future" gala fundraiser to support The National Alliance on Mental Illness of New Jersey's (NAMI NJ) mission to improve the lives of individuals and families affected by mental illness.

This elegant evening celebrates NAMI NJ's 40 years of service and will be held on Thursday, November 20th, 2025, at The Westin Princeton at Forrestal Village in Princeton, NJ, starting at 6:00 PM. Enjoy a cocktail reception, a delicious seated dinner, a distinguished keynote speaker, a DJ, and dancing. Your ticket purchase will directly support our programs to help those affected by mental health challenges build better lives.

Price: Varies, please click the link to see

[Register Here](#)

Thank You for Joining Us!



NAMI NJ's Multicultural Program hosted up our 3rd Annual Multicultural Summer Celebration! Thank you to everyone who attended, volunteered, donated, and sponsored! This event was made possible by our amazing, diverse community. Join us again next year!

Calling All Volunteers!



AACT-NOW is searching for community members who are passionate about mental health, advocacy, and community work! If you're interested in making an impact with us, please consider the following volunteer opportunities!

AACT-NOW Outreach Volunteer

As an Outreach Volunteer, you will be engaging with community members at various events and presentations. This includes tabling at libraries, conferences, and other events.

[Apply Here](#)

AACT-NOW Family Support Group Facilitator

Family Support Group Facilitators are trained to guide and facilitate our support group for individuals who have loved ones living with a mental illness. These facilitators must have loved ones who are living with a mental illness.

TRAINING: September 2025

[Apply Here](#)

AACT-NOW Recovery Support Group Facilitator

Recovery Support Group Facilitators are trained to guide and facilitate our support group for individuals living with mental illness. These facilitators must have some lived experience with mental illness.

TRAINING: November 2025

[Apply Here](#)

[Apply Here](#)

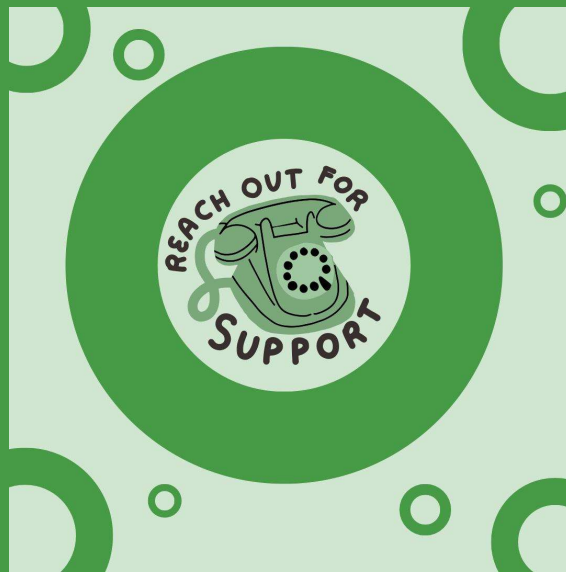
Keep Up with Us!

View Our NAMI NJ Calendar!

To keep up with all of our upcoming events, visit our calendar! This will include information for Family Support Groups, NAMI events and presentations, NAMI Basics, and more!

[Click Here](#)

Find Your Local NAMI



NAMI NJ has local affiliates across the state. If you or a loved one are looking for support and resources that are within your local area, consider reaching out to your local NAMI affiliate.

[Find Your Local
Affiliate](#)



AACT-NOW is an exciting initiative of NAMI New Jersey to connect with NJ's African-American families affected by mental illness, the faith community and mental health professionals to provide culturally competent education, support and advocacy. AACT-NOW goals are to dispel the misconceptions surrounding mental illness and to create an anti-stigma environment for those

seeking treatment.

**Disclaimer: the information contained in this e-newsletter is provided strictly for information purposes only and should not be construed as an endorsement or referral of services.*

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visit our website by [clicking here!](#)

We welcome donations to support our work in the community!

Donate!

[NAMI NJ](#) | [AACT-NOW](#) | 732-940-0991 ext. 117



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