

Education

NAMI Ending the Silence

An early intervention program that engages students, school staff and families in mental health education and discussion.

NAMI Family-to-Family *

A 12-class course for family and friends of adults with mental illness.

NAMI Peer-to-Peer *

National Alliance on Mental Illness

A 10-class course for individuals with mental illness focusing on recovery.

NAMI In Our Own Voice *

A presentation given by individuals with mental illness providing their testimonies.

NAMI Basics

A 6-class course for parents and caregivers of children with mental illness.

NAMI Homefront

A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions

Other Events & Services

NAMI Walks

National Alliance on Mental Illness

Our annual walk for mental illness (March/April), which is our largest awareness campaign and signature fundraising event.

May is Mental Health Awareness Month.

July is Minority Mental Health Awareness Month.

Mental Illness Awareness Week*:

Promoting events and activities throughout the first week in October.

Lending Library*:

Books, DVDs, videos, and publications are available for checkout.

Presentations*:

Provided on request for health providers, community groups, faith-based communities, businesses and others.

Support

NAMI Family Support Group *

Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

NAMI Connection *

National Alliance on Mental Illness RECOVERY SUPPORT GROUP

A weekly recovery-focused group for adults living with mental illness.

Creative Expressions: For those with mental illness who want to explore different art forms.



Heart to Heart: A friendship program for people with mental illness.

NAMI FaithNet

Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

Advocacy

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

* Program/Service available in Spanish



**FIND HELP.
FIND HOPE.**

- Help break down the barriers to treatment and support.
- Help reduce stigma-talk about it!

Follow us on:

