



From the helm of the Navigator

What is the National Alliance on Mental Illness (NAMI)?

NAMI (the National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. Founded in 1979, NAMI has become the nation's voice on mental illness, a national organization including NAMI organizations in every state and in over 1100 local communities across the country who join together to meet the NAMI mission through advocacy, research, support, and education.

What is the NAMI mission?

NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases.

What does NAMI do?

Dedicated NAMI members, leaders, and friends work tirelessly across all levels to meet a shared NAMI mission of support, education, advocacy, and research for people living with mental illness through various activities, including:

Public Education and Information Activities

- www.nami.org ~ NAMI's website receives over 5.4 million visitors a year who turn to NAMI for information, referral, and education;
- 800.950.6264 ~ NAMI's toll-free HelpLine serves over 4,000 callers a month and is staffed by a dedicated team of volunteer associates, as well as state and affiliate HelpLines in communities across the country;
- Public awareness activities such as *Mental Illness Awareness Week*, held during the first week of each October, helps dispel the stigma surrounding mental illness and encourage early intervention and treatment.
- *In Our Own Voice* – Available in selected communities across the country, this educational speakers bureau is presented by trained consumers living with mental illness to groups from all aspects of the community and both educates the public and supports consumer recovery and empowerment while dispelling the stigma of mental illness.

Family and Consumer Peer Education and Support Activities

- NAMI offers a cadre of education programs including Family-to-Family, NAMI's Provider Education Program, Peer-to-Peer, and other state and local programs offered

by trained family and consumer teachers to help educate other families, consumers, and professionals.

- Support groups are offered through many of NAMI's over 1100 affiliates in communities across the country by families and consumers for families and consumers.

Local NAMI Information:

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