



**National Alliance on Mental Illness**

Mental health conditions are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Despite the challenges these conditions present, there are many reasons to have hope for a better future. Recovery is possible. People do live full, meaningful lives with mental health conditions.

One in 5 adults and 1 in 6 youth (aged 6-17) in the U.S. experience a mental health condition in a given year. Only half of these individuals receive treatment.

NAMI offers a variety of education and support programs to help individuals, families and communities gain information and hope. We provide training, resources and technical assistance to thousands of volunteers who lead these programs in their communities.

NAMI National Signature Programs are peer-led. Program leaders have direct life experience with mental health conditions.

Learn more about our grassroots network and free programs.

[nami.org/programs](https://nami.org/programs)

Discover NAMI programs near you.

[nami.org/local](https://nami.org/local)

*"I'm so happy I found NAMI Basics. It's exactly the kind of thing that I've been looking for. Knowing it's available to other parents is really exciting for me."*

-New York

# NAMI National Signature Programs



## CLASSES

**The following classes offer information, resources and a community of support. They aim to increase understanding of mental health, improve coping skills and empower participants to advocate for themselves and their loved ones.**

*\*A NAMI program is designated as an Evidence-Based Practice (EBP) when it has been studied by an external researcher and the results of the study are published in a peer-reviewed journal. Six of the NAMI National Signature Programs are currently designated as EBPs.*

**\*NAMI Basics** is for parents, guardians and other family who provide care for youth with mental health symptoms. Available in Spanish: Bases y Fundamentos de NAMI.

**\*NAMI Family-to-Family** is for families, partners and friends of people who have mental health conditions. Available in Spanish: De Familia a Familia de NAMI.

**\*NAMI Homefront** is for families, partners and friends who provide care for Service Members/Veterans experiencing mental health symptoms.

**\*NAMI Peer-to-Peer** is for anyone who is experiencing or has experienced the challenges of a mental health condition. Available in Spanish: De Persona a Persona de NAMI.

**NAMI Provider** offers 15 hours of in-service training or a 4 hour seminar for staff at facilities providing mental health treatment services. The course aims to expand participants' compassion for clients and their families and to promote a collaborative model of care.



## PRESENTATIONS

**The following presentations offer audiences the opportunity to hear stories of direct experiences of mental health conditions. They aim to create awareness, reduce stigma and increase empathy.**

**\*NAMI Ending the Silence** is a presentation about mental health conditions in youth. Available for three audiences: students, families and school staff. All versions educate about warning signs, what to do and the importance of early intervention.

**NAMI Family and Friends** is a 90-minute or 4-hour seminar for families, partners and friends of people with mental health conditions. It introduces participants to NAMI resources and programs and to key topics: symptoms, diagnoses, treatment options and communication strategies.

**\*NAMI In Our Own Voice** is for the general public. It uses personal stories to promote awareness of mental health conditions and of the possibility of recovery. Available in Spanish: En Nuestra Propia Voz de NAMI.

**NAMI Sharing Your Story With Law Enforcement** is a peer-led presentation that provides law enforcement audiences an opportunity to listen to the experience of someone who was in crisis and may have interacted with law enforcement as a result but is now living well with a mental health condition.

*"The NAMI In Our Own Voice presentation was extremely informative, eye-opening and led by amazing individuals. I really enjoyed it."*

-California

**NAMI Hearts+Minds** is a program that focuses on the intersection of physical and mental health. NAMI Hearts+Minds can be presented in either a 1 day or 5 session format and is designed to educate and empower individuals to better manage their health mentally and physically. Available in Spanish: NAMI Corazones + Mentes

*"NAMI Peer-to-Peer has given me a sense of who I am. I understand what's going on with me and I'm able to cope. I've gained employment and committed to my recovery."*

*I've come a long way since I started."*

-Missouri



## SUPPORT GROUPS

**NAMI Support Groups offer participants an opportunity to share their experiences and gain support from other attendees.**

**NAMI Connection Recovery Support Group** is for people with mental health conditions. Available in Spanish: NAMI Conexión Grupo de Apoyo y Recuperación.

**NAMI Family Support Group** is for family members, partners and friends of people with mental health conditions. Available in Spanish: Grupo de Apoyo para Familiares de NAMI.

*"NAMI Connection changes lives and saves lives, and I'm proud to be part of it!"*

-Maryland