

Sharing Hope



Centering the right to mental wellness, the National Alliance on Mental Illness’s (NAMI) **Sharing Hope** initiative is rooted in collective community wisdom and empowerment; and creates pathways to healing for Black/African Ancestry and immigrant communities.

Sharing Hope is a three-part community conversation series in which sacred stories are shared through community conversations prompted by videos and guided by a facilitator who helps participants understand support strategies and community resources. Sharing Hope facilitators are fellow community members who identify as Black/African Ancestry, or as an immigrant, and seek to find wellness for themselves and their communities.

Sharing Hope shows the value of elevating and sharing ancestral and cultural wisdom...

Sharing Hope is a community-driven initiative that embraces and celebrates cultural identity and empowerment. It is a place for Black/African Ancestry and immigrant communities to gather, listen and support each other on the path to mental wellness and healing.

Sharing Hope is part of NAMI’s Sharing Hope Series, a cross-cultural initiative to destigmatize mental health in racially and ethnically diverse communities. Please join us in ensuring our communities feel welcome, respected and heard.



Click here or scan the QR Code to learn more about Sharing Hope. To set up a Sharing Hope orientation or community conversation please contact NAMI’s Cross-Cultural Innovation and Engagement team at ccie@nami.org.

The National Alliance on Mental Illness (NAMI) is the nation’s leading grassroots mental health organization. NAMI’s mission is to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.