

## DID YOU KNOW?



1 in 5 adults (20.6%) in the U.S. experienced mental illness in 2019.



19.4 million Americans have experienced Major Depressive Episodes



48 million Americans have experienced Anxiety Disorders



9 million Americans have experienced Posttraumatic Stress Disorder

## NEED IMMEDIATE HELP?

Free and confidential, 24/7

**National Suicide Prevention Hotline**  
800-273-TALK (8255)

**Crisis Text Line**  
Text NAMI to 741741

**National Domestic Violence Hotline**  
800-799-SAFE (7233)

**National Sexual Abuse Hotline**  
800-656-HOPE (4673)

**LGBTQ+ National Hotline**  
1-866-488-7386

## GET INVOLVED AND MAKE A DIFFERENCE IN YOUR COMMUNITY!

- Train to facilitate a program
- Attend local meetings
- Participate in community events
- Become a NAMI member
- Donate

## CONTACT US



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***Serving Appanoose, Davis, Wapello,  
Mahaska, Marion, Monroe, Lucas,  
Wayne, Clarke, Decatur, and  
Ringgold counties.***



# EDUCATION PROGRAMS & SUPPORT GROUPS

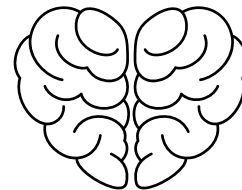
## What is NAMI?

NAMI (National Alliance on Mental Illness) is the nation's largest grassroots mental health organization. Through its programs and support groups, NAMI provides advocacy, education, and support for individuals and families affected by mental illness.

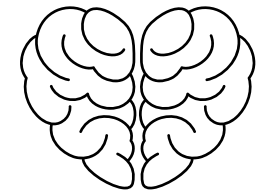
*Hope*



*Inclusion*



*Empowerment*



## SUPPORT GROUPS

### Connection Support Group

NAMI Connection is a recovery support group for people living with mental health concerns. Participants learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

### Family Support Group

NAMI Family Support Group is a support group for family members, friends, and significant others of people living with mental health concerns. Participants gain insight from the challenges and successes of others facing similar experiences.

**All NAMI programs are free and peer-led by trained individuals with lived experience. For more information and to sign up, email us at [namisci8@gmail.com](mailto:namisci8@gmail.com) or call 641-216-3114.**

*Compassion*



## CLASSES

### NAMI Basics

NAMI Basics is designed for parents and primary caregivers of children living with mental health challenges. This course provides information on mental health conditions, navigating education systems, and advocating for your child.

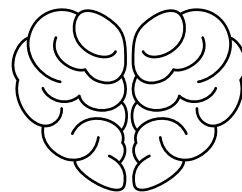
### Family to Family

Family to Family is for family and friends of people living with mental health concerns. Participants learn about mental health conditions, coping skills, and how to become advocates for their family members.

### Peer to Peer

Peer to Peer is for individuals living with mental health concerns. Participants learn about mental health conditions, coping skills, and how to become advocates for themselves.

*Fairness*



## PRESENTATIONS

### Ending The Silence

Ending The Silence is designed for middle and high school students, their parents or guardians, and school staff. Audiences learn about the symptoms of mental health conditions, early warning signs, and how to support students struggling with mental health concerns.

### In Our Own Voice

In Our Own Voice is given from the perspective of an individual living with mental illness. Participants increase their awareness of mental health conditions and recovery through open and honest conversations.

### Family and Friends

Family & Friends supports those who have loved ones with a mental health conditions. Participants learn about diagnoses, treatments, communication strategies, and crisis preparation.

*Community*

