



## WHAT IS NAMI?

**NAMI**, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. **NAMI** has over 650 affiliates in communities across the country that engage in advocacy, research, support and education. Members of **NAMI** are families, friends and people living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder.

**Family-to-Family** is an educational course for families, partners and friends of individuals with serious mental illness. It facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. Available in Spanish.

**Basics** is an educational course developed specifically for parents, guardians and other family caregivers of children and adolescents who are experiencing mental health symptoms. Available in Spanish. Available 24/7 online as Basics on Demand.

**Family Support Group** is a regularly scheduled meeting of caregivers of individuals with a mental illness. Meetings are facilitated by NAMI family member who have the lived experience of their own loved one's mental illness.

**Connections** is a regularly scheduled peer-facilitated recovery support group for those diagnosed with mental illness, enabling them to learn from each other's experiences.

**Peer-to-Peer** is a peer-led, recovery education course open to any person with a serious mental illness. Peer-to-Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness.

**Provider Education** is an educational course for mental health workers and professionals. Providers learn what it is like to live with mental illness from the individual and family perspective.

**In Our Own Voice** is a public education program in which trained speakers share their stories of living with mental illness and achieving recovery.

**Ending the Silence** is a presentation designed to give students, school staff and families an opportunity to learn about mental illness. Audiences learn about the signs and symptoms of mental health conditions, suicide prevention, how to recognize the early warning signs and the importance of acknowledging those warning signs.

**NAMI in the Lobby** is a program where NAMI members are available at local psychiatric hospitals and mental health clinics to provide resources on mental illness. They provide hope and support and guide families to NAMI classes or support groups.

**Homefront** is a class for families, caregivers and friends of military service members and veterans with mental health conditions. The course is designed to help these families understand those challenges and improve their ability to support their service member or veteran. Available online.

**Family and Friends** is a one-day seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

**NAMIWalks** is the largest mental health advocacy march in the US. This team event raises public awareness and supports our programs.

### For more information, contact:

**NAMI Greater LA County**

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*NAMI programs are offered free, at no cost.*

**NAMI Greater LA County is a charitable 501©3 tax exempt corporation.**

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NAMI National ([www.nami.org](http://www.nami.org))

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**NAMI**

National Alliance on Mental Illness

**Greater Los Angeles County**

## NAMI GREATER LA COUNTY CHAPTERS

### **NAMI Glendale**

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### **NAMI Long Beach**

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### **NAMI Pomona Valley**

[www.namipv.org](http://www.namipv.org)

Info Helpline: (909) 399-0305

Office Number: (909) 625-2383

### **NAMI San Fernando Valley**

[www.namisfv.org](http://www.namisfv.org)

Info Helpline: (818) 994-6747

### **NAMI San Gabriel Valley**

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