



National Alliance on Mental Illness

Missouri

Introduction to Services

Support, Education &
Advocacy

NAMI National Alliance on Mental Illness

- Founded 1979 in Madison, Wisconsin, now with headquarters in Arlington, Virginia
- Incorporated in Missouri in 1985
- NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health conditions

NAMI's vision

NAMI envisions a world where all persons affected by mental illness experience resiliency, recovery and wellness.

Central beliefs

- Mental illnesses are real illnesses.
- Stigma is real.
- Education and support for families and people with mental illness make substantial differences in outcomes, recovery and resilience
- With appropriate treatment and services, people can and do recover from mental illness

Our mission

NAMI Missouri works to improve the lives of individuals and families affected by mental illness through **support, education** and **advocacy**.

Support

Support groups throughout the state that offer sincere, uncritical acceptance



NAMI Missouri currently offers approximately 40 weekly and monthly Consumer and Family Support Groups across the state.

Support > NAMI Support Groups

The NAMI Support Group model comes in two forms:

- **Connection Recovery Support Groups** for individuals with mental illness
- **Family Support Groups** for family members





NAMI Connection is a Recovery Support Group. It's a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.





NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

Support > WARMline and HelpLine

WARMline & Helpline (800) 374-2138

Monday – Friday; 9am – 5pm

Weekends and Holidays 3pm – 9 pm

Both WARMline and HelpLine services and referrals are also available by emailing info@namimissouri.org.

Education

Our view

Educational programs delivered by and for families at every stage of life must be valued and promoted as a routine, integrated part of mental health treatment.

What we do:

- Presentations
- Courses
- Workshops

Education > Presentations

NAMI In Our Own Voice

NAMI In Our Own Voice is a presentation for the general public to promote awareness of mental illness and the possibility of recovery.

Presentations serve multiple purposes:

1. To empower those who are telling their story
2. To share the story of recovery with others



NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes about people with mental health conditions. Presentations provide a personal perspective of mental illness, as presenters with lived experience talk openly about what it's like to live with a mental health condition.



Education > Courses

NAMI Family Education Courses

Family Education Classes

NAMI Family-to-Family

NAMI Family-To-Family is a class for families, partners and friends of individuals with mental illness.

NAMI Basics

NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed.

NAMI Homefront

NAMI Homefront is a class for families, partners and friends of military service members and veterans experiencing mental health challenges.



NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness.





NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed.



NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.



Provider Workshops

NAMI Missouri holds three 6-hour provider workshops each year for mental health and other allied providers.

Advocacy

NAMI advocates on the federal, state, and local levels on behalf of people living with mental health conditions.



Advocacy Resources

- nami.org/advocacy
- namistl.org/legislative-action-center.html
- twitter.com/NAMIAdvocacy
- twitter.com/namistladvocate

Missouri Affiliates

- Boonville
- Columbia
- Jefferson City
- Joplin
- Greater Kansas City
- St. Louis
- Southeast Missouri
- Southwest Missouri

Online & Social Media

- Website: NAMIMissouri.org
- [Facebook.com/NAMIMissouri](https://www.facebook.com/NAMIMissouri)
- [Twitter.com/NAMIMissouri](https://twitter.com/NAMIMissouri)
- www.linkedin.com/company/NAMIMissouri

Contact us

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2019 NAMI MO ANNUAL MEETING + CONFERENCE

DOUBLETREEBYHILTONHOTEL • JEFFERSON CITY, MO

BOARD MEMBER ELECTIONS • GUEST SPEAKER • HONORS + AWARDS

SAVE THE DATE

**for the 2019 Annual Meeting on
Saturday, April 13, 2019**