



## Who Is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country.

## What Is the NAMI Mission?

NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness. Mental illnesses should not be an obstacle to a full and meaningful life for persons who live with them. NAMI will advocate at all levels to ensure that all persons affected by mental illness receive the services that they need and deserve, in a timely fashion.

## What Does NAMI Do?

NAMI members and friends work to fulfill our mission by providing support, education, and advocacy. Our many activities include:

### Public Information

- ✓ **NAMI's website ([www.nami.org](http://www.nami.org))** receives over 7 million visitors each year who turn to NAMI for information, referral and education.
- ✓ **NAMI's Helpline (1-800-950-6264)** is staffed by a dedicated team and serves over 4,000 callers per month.

### Peer Education and Support

- ✓ **NAMI's Education Programs** have graduated and supported more than 200,000 individuals to date. These nine programs provide critical education to help individuals and family members gain knowledge and skills for living successfully with mental illness.
- ✓ **Support Groups** are provided through many of NAMI's state and local affiliates and offer invaluable connections with peers who understand the challenges and joys of living with mental illness.

The Better Business Bureau recognizes NAMI as a "Wise Giving Alliance" national charity.



### Raising Awareness and Fighting Stigma

- ✓ **NAMIWalks** is a signature NAMI event that draws more than 100,000 participants every year who walk together in over 80 communities across the nation and raise money to fund local NAMI programs.
- ✓ **StigmaBusters** responds to inaccurate and hurtful language and portrayals of mental illness in the media and promotes understanding and respect for those who live with mental illness.
- ✓ **In Our Own Voice** presents deeply personal and moving journeys of recovery by individuals living with mental illness, reaching more than 30,000 audience participants each year.

### State and Federal Advocacy

- ✓ **NAMI Advocacy** provides a key voice for state and federal public and private-sector policies that facilitate research, end discrimination, reduce barriers to successful life in the community and promote timely, comprehensive and effective mental health services and supports.
- ✓ **NAMI Action Centers** include the Child & Adolescent Action Center, the Law and Criminal Justice Action Center, the Multicultural Action Center, and the STAR (Consumer Support and Technical Assistance Resource) Center. NAMI's Action Centers advocate for unique populations and develop and disseminate information to meet specific needs.

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