

What Is NAMI



1919 University Avenue West, Suite 400, St. Paul, MN 55104 Tel. 651-645-2948 or 888-NAMIHELPS www.namihelps.org

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 is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses.

What does NAMI do?

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

Public Education and Information Activities

- **NAMI's Web Site** (www.nami.org) receives over 5.4 million visitors a 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 Educational Programs** (Family-to-Family, Peer-to-Peer, NAMI Connection, Hearts and Minds, and more) provide critical education to help consumers 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.

Raising Awareness and Fighting Stigma

- **NAMIWalks** is a signature NAMI event that draws thousands of concerned citizens every year who walk together in over sixty communities across the nation to raise money and awareness about mental illness.
- **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 consumers living with mental illness.

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 Children & Adolescent Action Center, and Law and Criminal Justice Action Center, the Multicultural Action Center, and the STAR (Consumer Support Technical Assistance Resource) Center. NAMI's Action Centers advocate for unique populations and develop and disseminate information to meet specific needs.

To learn more, [listen to an online interview with NAMI's president](#), listen to radio [Public Service Announcements](#), or download the [What is NAMI Fact Sheet](#) (pdf), visit www.nami.org.

What are the benefits of NAMI membership?

All NAMI members receive the benefits of membership at all three levels of the organization, including:

- Membership in the local affiliate, state organization, and NAMI national organizations
- Eligibility to vote in all NAMI elections
- A subscription to *The Advocate* NAMI's quarterly magazine, as well as access to optional subscriptions to specialty newsletters and information at the national, state, and local levels.
- Member discounts on brochures, videos, promotional items, and registration at NAMI's annual convention and many state and local conferences.
- Access to exclusive members-only material on www.nami.org

How can I get in contact with NAMI?

NAMI

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

www.nami.org

Main: 703-524-7600

Fax: 703-524-9094

TDD: 703-516-7227

HelpLine: 800-950-NAMI (6264)

Email: info@nami.org

How can I volunteer with NAMI?

As a grassroots organization, NAMI relies on volunteers at all levels of the organization. Contact the NAMI National HelpLine at info@nami.org or 800-950-6264 for opportunities at the national office as well as referral to state organizations, affiliates, and NAMIWalks events in your community.

Find out more about:

- [Meet the Board](#)
- [How NAMI is governed](#)
- [NAMI's state and local organizations](#)
- [Campaign for the Mind of America](#)
- [NAMI's annual reports](#)
- [Donating to NAMI](#)
- [Employment with NAMI](#)
- [Contacting NAMI](#)
- [NAMI's Web site](#)

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