

National Alliance on Mental Illness

Free Education & Support in Ohio



Peg Morrison, Director of Programs
September 23, 2016

National Alliance on Mental Illness

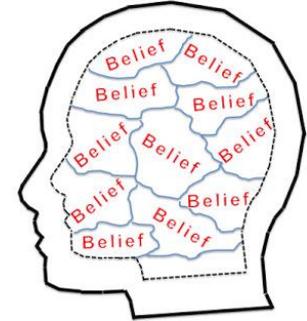
- Founded 1979 in Madison, Wisconsin
- Incorporated in Missouri, now with headquarters in Arlington, Virginia
- NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- 1100 Affiliates in 50 States, Washington D.C., Puerto Rico and the Virgin Islands



What is the NAMI Ohio mission?

To improve the quality of life and ensure dignity and respect for persons with serious mental illness, and offer support to their families and close friends.

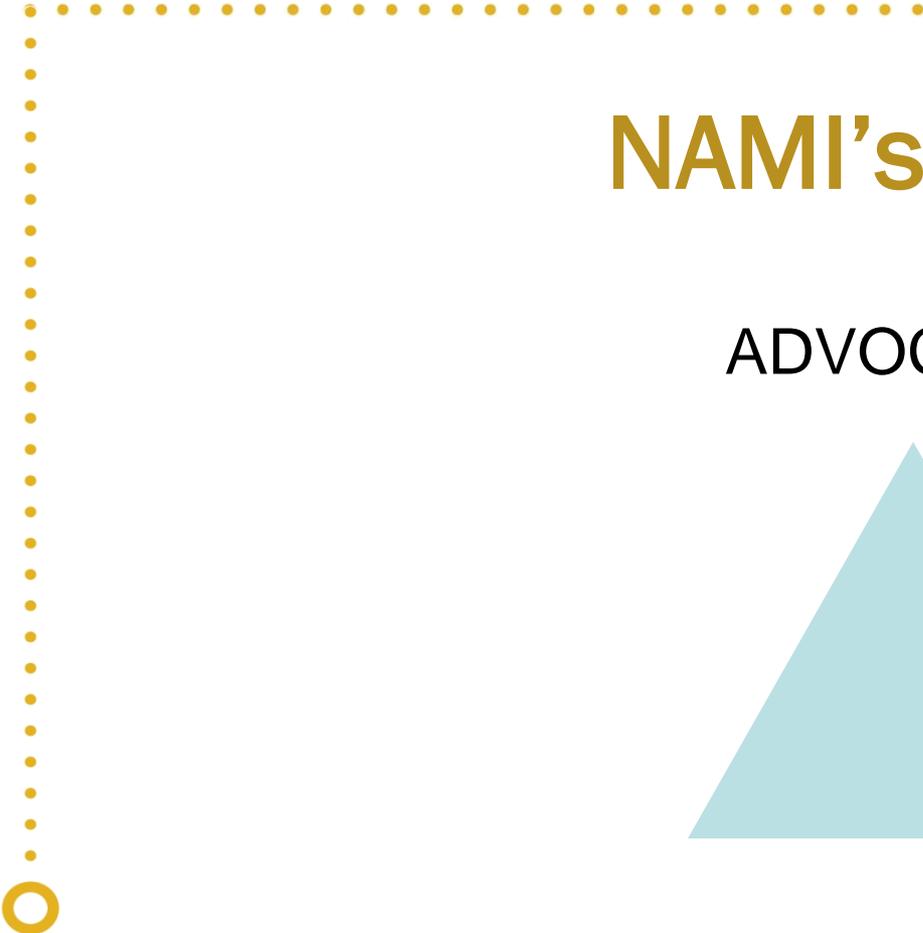




Central Beliefs

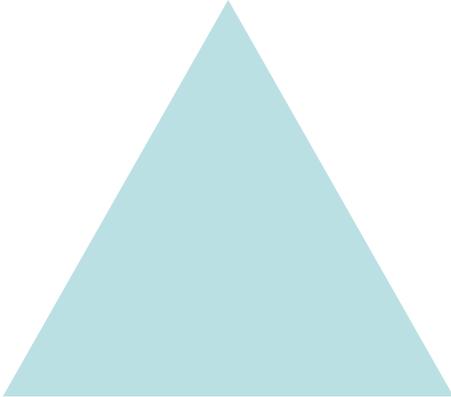
- Mental Illnesses are illnesses like any other
- Stigma is real and has terrible consequences
- Both the individual and the family are essential to the recovery process
- Education and support for families and people with mental illness make substantial differences in outcomes, recovery and resilience
- With appropriate treatment and services, people can and do recover from mental illness

NAMI: Free Education & Support



NAMI's Focus

ADVOCACY



EDUCATION

SUPPORT



Public Education and Information

- National website: www.nami.org
- NAMI Ohio website: www.namiohio.org
- NAMI Ohio HelpLine: (800) 686-2646
 - 9 a.m. - 5 p.m. weekdays
 - 5,000 calls, emails, social media and postal requests each year
 - Staffed by a dedicated employees & interns

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Social Media Presence

facebook

- Facebook: 1,908 like NAMI Ohio



- Twitter: 1,602 followers



- MailChimp: 1,750 strong

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**Peer education
and support activities
for individuals
and family members**

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nami Family-to-Family
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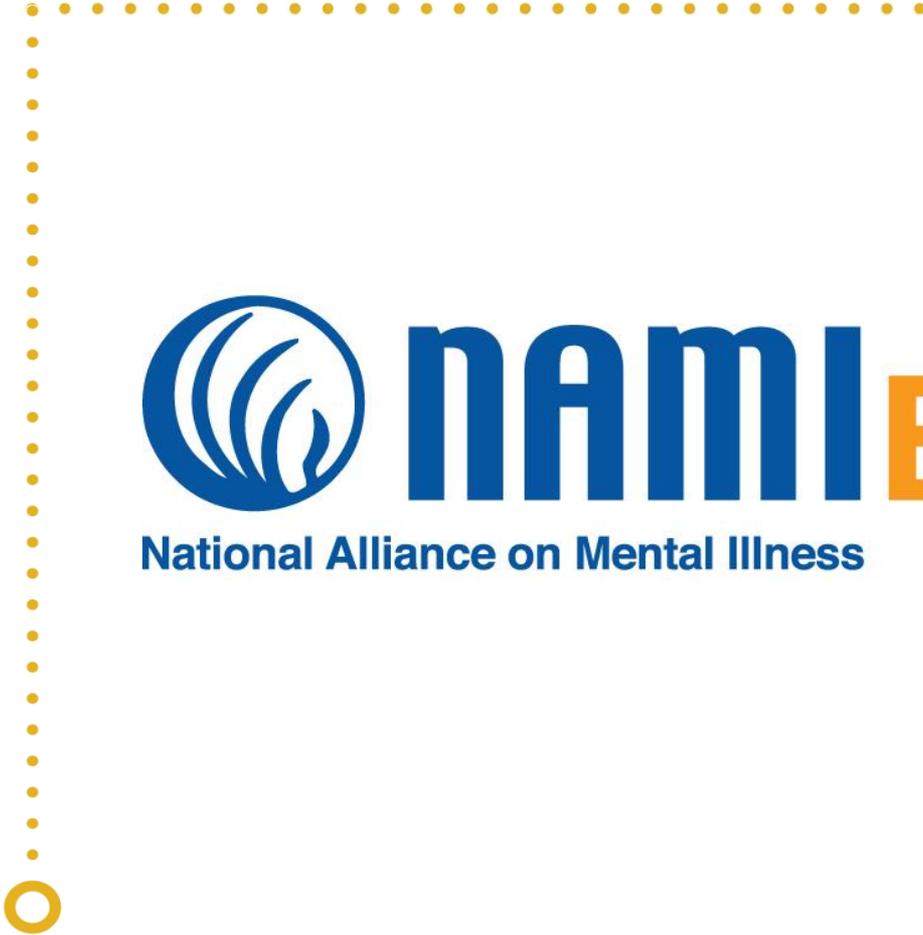


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nami Basics

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Support Groups

The NAMI Support Group model operates differently from other, more traditional "share-and-care" groups.



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Family Support Group



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 **nami** **Connection**
National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**



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Advocacy

NAMI advocates with and for people living with mental illness on the federal, state, and local levels



Public Education and Information Activities



Bringing **Mental Illness** Out of the shadows

Sponsored by The National Alliance on Mental Illness of Ohio



Sick, Tired and Behind Bars in Ohio

Produced by the National Alliance on Mental Illness of Ohio with funding provided by Ohio Attorney General Mike DeWine

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 **nami** In Our Own Voice
National Alliance on Mental Illness

what's
your
story ?

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Multicultural Action Center



- Multicultural networking groups
 - African American
 - American Indian and Alaskan Native
 - Asian American and Pacific Islander
 - Latino
 - GLBT (Gay, Lesbian, Bisexual and Transgender)

NAMI Action Centers



How to Contact NAMI Ohio

- NAMI Ohio
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