



FEATURED COMMUNITY RESOURCE: NAMI

Mental illnesses are real diseases causing disturbances in feeling, relating, or thinking. These illnesses do not discriminate and affect people of all ages, ethnic, cultural and socioeconomic backgrounds. One out of every four families in America has a member who lives with mental illness. The National Institute of Mental Health reports that one in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. The World Health Organization predicts that by 2020, mental illness will be the second leading cause of disability worldwide, after heart disease.



NAMI is dedicated to improving the lives of families and individuals affected by mental illness through education, support and advocacy. They offer understanding to anyone concerned about mental illnesses and the treatment of mental illness.

Some available programs, depending on your local chapter, may include:

- [NAMI Family-to-Family](#): A 12-week course for family members and caregivers of loved ones living with mental illness.
- [NAMI Basics](#): A 6-session course for parents and caregivers of children and adolescents who show signs of or have been diagnosed with a mental health condition.
- [NAMI Homefront](#): A 6-session course tailored for family members and friends of Service Members and Veterans who show signs of or have been diagnosed with a mental health condition.
- [Parents and Teachers as Allies](#): A two-hour in-service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents.
- [In Our Own Voice](#): A presentation offered to churches, college classrooms, civic groups, law enforcement officials and other community groups. It's an opportunity to help others better understand mental illness and see firsthand what recovery looks like.
- [Ending the Silence](#): A 50-minute in-school presentation about mental health designed for middle and high school students. Students learn about mental illness from two individuals: one who is a family member of a person living with mental illness and the other a young adult who experienced symptoms of mental illness while they were in school. The presentation is ideal for freshman/sophomore health, science, or psychology classes and is offered at no cost.

- [Family Support Groups](#): For family and friends of individuals living with mental illness. Led by family member facilitators, you will find a Family Support Group to be a safe, confidential place to share your hopes and concerns and find new ways to cope.
- [Peer-to-Peer](#): A unique experiential learning program for people with any serious mental illness who are interested in establishing and maintaining wellness and recovery. Peer-to-Peer consists of 10 two-hour sessions and is taught by two peer mentors who are experienced at living well with mental illness.
- [NAMI Connection](#): A weekly recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding. Connection is facilitated by a team of trained NAMI volunteers who know firsthand what it is like to live with a mental illness. Persons with all diagnoses are welcome including family members.
- [NAMI On Campus](#): Provides information and resources to support college students living with mental health conditions and to empower them to take action on their campuses. Many individuals experience their first symptoms of mental illness while in college. The goal of NAMI On Campus is to improve students' academic and social experiences by supporting students' mental health needs. Some NAMI On Campus groups in the Ohio area include:
 - [NAMI On Campus UC](#)
 - NAMI On Campus Xavier: Connect on [Facebook](#)
 - [NAMI at The Ohio State University](#)

The families and members of NAMI are here to help! For more information on NAMI programs in your area, check their websites, email or call:

- Southwest Ohio: www.namiswoh.org, call (513) 351-3500, or email info@namiswoh.org.
- Dayton: <http://www.nami-mc.org>, call (937) 299-3667, or email info@nami-mc.org
- Columbus: <http://www.namifc.org>, call (614) 501-6264, or email mail@namifc.org
- NAMI Northern Kentucky: <http://www.naminky.org>, call (859) 392-1730, or email info@naminky.org

For additional information about your local chapter, visit the National NAMI website at www.nami.org.