



Support Groups

Led only by People with Lived Experience

NAMI offers **free, peer-led support groups** that provide a safe and supportive environment for individuals to share their challenges, benefit from each other's lived experiences, and find encouragement. These groups are not a replacement for counseling or therapy but serve as a valuable source of connection and understanding.

- **NAMI Connection Recovery Support Group:** Designed for adults living with mental health conditions, these groups offer a confidential space to share challenges and successes. Participants connect with others navigating similar experiences, guided by trained facilitators who ensure discussions are focused and emotionally safe.
- **NAMI Family Support Group:** These groups are for family members, caregivers, and friends supporting or caring for a loved one with a mental health condition. They provide resources, coping strategies, and encouragement from others who understand the unique challenges of caregiving.

Most of NAMI Washington's 20 affiliates host regular support groups, including condition-specific or population-specific groups, ensuring diverse needs are met.

Community Education Programs



Presented only by People with Lived Experience

- **In Our Own Voice:** This interactive presentation offers a powerful glimpse into the realities of living with a mental health condition and the possibilities of hope and recovery. Trained presenters share their personal stories to foster understanding and empathy.
- **Ending the Silence (EtS):** A series of three programs tailored for students, parents, and educators:
 - **EtS for Students** teaches middle and high schoolers about mental health, warning signs, and how to support themselves and their friends.
 - **EtS for Parents and Staff/Educators** provides practical knowledge about mental health conditions, early warning signs, and best practices for fostering a supportive environment.
- **Mi Mente, Mi Fuerza:** A mental health awareness presentation created for Latine youth in Washington state. This program explores the cultural and social factors that impact mental well-being and empowers participants to challenge stigma. Together, we can build a healthier and more resilient community.



Classes: Real World Mental Health Education

Taught only by People with Lived Experience

- **Family-to-Family:** A course for families, partners, and friends of individuals with serious mental health conditions. It focuses on understanding mental illness and addressing the emotional responses families experience.
- **Peer-to-Peer:** A recovery education course for adults living with mental health conditions. This course emphasizes recovery as an achievable goal and challenges the stigma surrounding mental illness.
- **Basics:** A course designed specifically for parents and caregivers of children or teens who have been diagnosed with a serious mental illness or are experiencing symptoms.
- **Homefront:** A course for families, caregivers, and friends of active-duty military members and veterans with mental health conditions, addressing their unique experiences and challenges.
- **Provider Education:** An in-service training for professionals working with individuals affected by mental illness, focusing on compassion, reducing compassion fatigue, and fostering collaborative care.

FAQ 1:

What is NAMI Washington?



NAMI Washington is the state organization of the **National Alliance on Mental Illness (NAMI)**. We provide **free mental health education, support, and advocacy** to improve the lives of individuals and families affected by mental health conditions across Washington state.

FAQ 2:

How does NAMI WA work?

NAMI Washington works through a **network of 20 local affiliates across the state** (see back of brochure), offering **free programs like support groups, classes, community presentation programs, and advocacy initiatives**. We also actively collaborate with community partners to expand mental health resources and reduce stigma.

FAQ 3:

Who are NAMI programs for?

NAMI programs are for **anyone impacted by mental health conditions, including individuals, families, caregivers, and communities**. We welcome people from all walks of life and strive to **provide culturally responsive services to meet diverse needs**.

Connections Support Groups



Family Support Groups



HOW CAN NAMI'S LOCAL PROGRAMS HELP YOU?



Education • Support • Advocacy

www.namiwa.org