

NAMI Minnesota's mission is to champion justice, dignity, and respect for all people affected by mental illnesses. Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illnesses, effect positive changes in the mental health system, and increase the public and professional understanding of mental illnesses.

## Education

NAMI offers many free education programs that provide current information, support and hope.

**Families of adults with mental illnesses** – Participants learn about mental illnesses, treatment options, strategies for coping with the complexities of mental illnesses, crisis recognition, de-escalation techniques and resources.

**Parents of children with mental illnesses** – Parents learn about children's challenging behaviors, childhood mental illnesses, treatment options, the children's mental health system and residential treatment.

**Professionals** - NAMI provides training to professionals including educators, mental and medical health providers, older adult workers, jail and correctional staff and faith communities. In addition, NAMI offers Mental Health First Aid Training and two online training programs.

**Specific Communities** - NAMI reaches out to specific populations including the African American, American Indian, Latino and LGBTQ communities as well as youth living with mental illnesses and older adults.

## Support

NAMI offers a variety of support groups: *NAMI Family Support Groups* for families and friends of persons living with mental illnesses; *NAMI Connection* for people living with mental illnesses; and *Open Door* for people who experience anxiety or panic disorders. *Parent Resource Groups* are for parents of children under eighteen and *Kidshops* is for school-aged children who have a parent or a sibling with a mental illness.

## Public Awareness

NAMI seeks to raise public awareness and knowledge of mental illnesses.

### Quarterly newsletter, monthly eblast & website

**In Our Own Voice**- a public education program in which people living with mental illnesses share personal stories about their struggles and recovery.

**Educational booklets & materials** - on topics such as the mental health system for children and adults, data practices laws, the criminal justice system, the civil commitment process, psychiatric hospitalization and crisis planning. Fact sheets cover mental illnesses, medications, and resources.

**Speakers Bureau** – provides presentations to organizations wishing to learn more about mental illnesses.

**Five documentaries**- on topics such as understanding mental illnesses in adults and children, supporting returning soldiers, residential treatment for children, and jail discharge planning.

**NAMIWalks – Changing minds one step at a time** is the largest anti-stigma walk in Minnesota taking place on the 4<sup>th</sup> Saturday in September.

**Conferences** - NAMI holds an annual state conference, a postpartum depression conference and a research dinner.

**Anti-stigma Campaign** - posters are available for hospitals and mental health agencies.

## Advocacy

NAMI Minnesota advocates for policies that will improve the lives of children and adults with mental illnesses and their families. An e-mail legislative action alert team can be joined through our website to learn more about public policies and when elected officials need to be contacted.

**Helpline** – Individuals can speak to an advocate for help and resources – 1-888-NAMI-HELP