



Fact Sheet

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Facts about NAMI Minnesota

What is NAMI?

NAMI (the National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to improving the lives of children and adults living with mental illness and their families. NAMI has become the nation's voice on mental illness, a national organization including NAMI organizations in every state and in over 1100 local communities across the country who join together to meet the NAMI mission through advocacy, education and support.

What is the NAMI mission?

NAMI Minnesota's mission is to champion justice, dignity and respect for all Minnesotans affected by mental illness (brain disorders). Through education, advocacy and support, NAMI members strive to eliminate the pervasive stigma of mental illness, effect positive changes in the mental health system, and increase public and professional understanding of mental illness. NAMI-MN is the state affiliate of the National Alliance on Mental Illness.

What does NAMI Minnesota do?

Dedicated NAMI members, leaders, friends and volunteers work tirelessly to provide education, support and advocacy to children and adults with mental illness their families.

Public Education and Information Activities

- www.namimn.org: NAMI's website receives over 125,000 visitors a year who turn to NAMI for information, referral and education;
- 1-888-473-0237 : NAMI's toll-free HelpLine assists over 3,000 callers a year.
- Speakers Bureau: Speakers educate people about symptoms, treatment options and the biological nature of mental illness. Presentations are made at schools, community organizations, colleges and conferences.
- Video Library: Available to family members, professionals and others, NAMI Minnesota's lending library contains videos on illnesses, treatments, recovery and more.
- Public awareness activities such as bill boards, advertisements and Mental Illness Awareness Week, held during the first week of each October, helps dispel the stigma surrounding mental illness and encourage early intervention and treatment.

Family and Consumer Peer Education and Support Activities

- NAMI Minnesota offers a cadre of education programs taught by trained family members to help educate other families, consumers and professionals.
 - Family-to-Family: This 12 week course is for families who have a loved one living with a mental illness and provides information on mental illness, treatment and empathy.
 - Hope for Recovery: This one-day course is designed for family members to help them learn about brain biology, treatments and recovery.
 - Faithways: A resource to faith communities helping them to create supportive, inclusive communities. Workshops and technical assistance are provided.
 - Challenging Children's Behaviors: This course is for caregivers of children who have mental illness. Participants learn about support systems, problem management, self-care and recovery.
 - Professional Education: For teachers, mental health professionals, and others, NAMI provides in-services on mental illness, working with families and other topics.
- Support is offered throughout the state to individuals with mental illness and their families.
 - Family Support Groups: Trained facilitators who are family members run support groups throughout the state. Confidentiality is strictly enforced.
 - NAMI Care Groups: In several communities trained facilitators who live with a mental illness lead support groups for other adults with mental illness.
 - Kidshops: This program provides an opportunity for children who have a sibling or parent with mental illness to learn about mental illness and to discuss common joys and concerns with other children.
 - Information and Referral: A toll-free phone number allows people throughout the state to call NAMI Minnesota for information, support and guidance.
 - Newsletter: The Advocate newsletter is produced several times a year and provides information on NAMI Minnesota's programs, research, policies affecting mental illness and stories of recovery and hope.
- NAMI Minnesota's Educational Forums provide information on various topics related to mental illness to help further the understanding of mental illness and to provide education to people with mental illness, their families, professionals and the public at-large.
 - NAMI Minnesota's annual State Conference is an all day conference for people who live with mental illness and their families, parents and caregivers of children and adolescents and professionals.
 - NAMI's Research Dinner brings together leading researchers to present their latest findings on mental illness in children and adults.
 - NAMI's annual Women's Health Conference focuses on women's issues; post-partum depression, anxiety and depression

Advocacy on Behalf of People Living with Mental Illness and for the Health of our Communities

- NAMI Minnesota advocates for policies that will positively impact children and adults with mental illness and their families.
- NAMI Minnesota works for changes in the mental health system and is an active participant on work groups and committees that address issues related to mental illness, including: health care, housing, supportive employment, crisis services, mental health concerns in correctional facilities, access to treatment, and more.
- NAMI Minnesota maintains a strong presence at the Minnesota Legislature by advocating and supporting issues important to persons with mental illness and their families. NAMI-MN also works with the Mental Health Legislative Network on areas of common concern to a variety of member organizations.
- Key to NAMI's success is the participation of NAMI members and staff who contact legislators, testify at the capital, and attend press conferences and rallies. Weekly legislative updates provide valuable information on the legislative activities.

Visible public events that raise funds and awareness while engaging the public, including:

- NAMI Walks, NAMI's signature event, where thousands of concerned citizens in more than 50 communities across the nation will Walk for the Mind of America to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness.
- NAMI Minnesota's annual Spring Gala and Silent Auction raise funds to support NAMI's educational programs, classes and other activities that support our mission to advocate for individuals affected by mental illnesses

What are the benefits of NAMI membership?

NAMI Minnesota has nearly 4,000 members across Minnesota who champion justice, dignity, and respect for all people affected by mental illness (biological brain disorders). People who join NAMI-MN or one of its local affiliates become members at the local affiliate level, the state level, and the national level. Member benefits include:

- Up-to-date information on: mental illnesses, medications, research, treatment options, legislative initiatives, educational programs, books, events, advocacy opportunities, and on other pertinent issues through NAMI-MN's award-winning newspaper, "NAMI-MN Advocate," published four times a year, and through the bi-monthly comprehensive news magazine, "NAMI Advocate," published by NAMI.
- Opportunities to participate in educational programs such as Family-to-Family, Visions for Tomorrow, Hope for Recovery, KidShops, the Anti-Stigma Campaign, special affiliate programs on such topics as medications, long-term financial planning, forensic issues, legislation, housing, employment, etc.
- Up-to-date notices and information on meetings and support groups.
- Invitations to special events.
- Opportunity to participate in local, state, and national grassroots initiatives and legislative advocacy.

- Access to electronic list servers and NAMI e-mail alerts.
- And, most important, the knowledge that, in partnership with all NAMI members, you are helping advance social justice for people affected by mental illness.

How can I get in contact with NAMI Minnesota?

NAMI Minnesota
800 Transfer Road, Suite 31
St. Paul, MN 55114
www.namimn.org

Main: 651-645-2948
Fax: 651-645-7379
Toll-Free 1-888-473-0237

How can I volunteer with NAMI?

As a grassroots organization, NAMI relies on volunteers at all levels of the organization. Contact the NAMI Minnesota at 651-645-2948 for opportunities at the state office as well as referral to local affiliates.