

NAMI-NYC provides education, support, and advocacy through peer-led programs and services available free of charge to anyone who needs them. We understand what you're going through because we've been there. You are not alone.

## Find Support

Our **HELPLINE** provides callers with support, information, and referrals to community services and other resources. Staffed by trained volunteers with lived experience with the NYC mental health system. Available in English, Spanish, and 180 other languages.

Reach us at **212-684-3264** or **helpline@naminyc.org**.

Our **SUPPORT GROUPS** address the needs of both family members and adults with mental health challenges. We have traditional emotional support groups and social groups to build community.

Our **FAMILY MATCH PROGRAM** connects, over the phone, experienced family members with those who have a loved one recently diagnosed or facing new mental health challenges.

Our **RAPID REFERRAL PROGRAM** is designed to make it as easy as possible for healthcare providers to connect families and individuals affected by mental illness to NAMI-NYC. Mental health care providers can visit [naminyc.org/rapid](http://naminyc.org/rapid) to connect with us.

**“This community offers hope for people who have a loved one with mental illness. We can't do it alone.”**

— Geraldine B., NAMI-NYC Volunteer

**“NAMI-NYC gives me a safe space.”**

— Michael A., Peer-to-Peer Leader

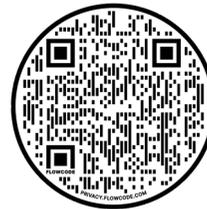
## OUR MISSION

Helping families and individuals affected by mental illness build better lives through education, support, and advocacy.

## OUR APPROACH

Trained family members and individuals with mental illness lead all programs and services, available free of charge to anyone who needs them. Their lived experience provides a powerful model for education and support, and gives participants the skills to effectively navigate the mental health system.

Scan the QR code to join our email list



Follow us

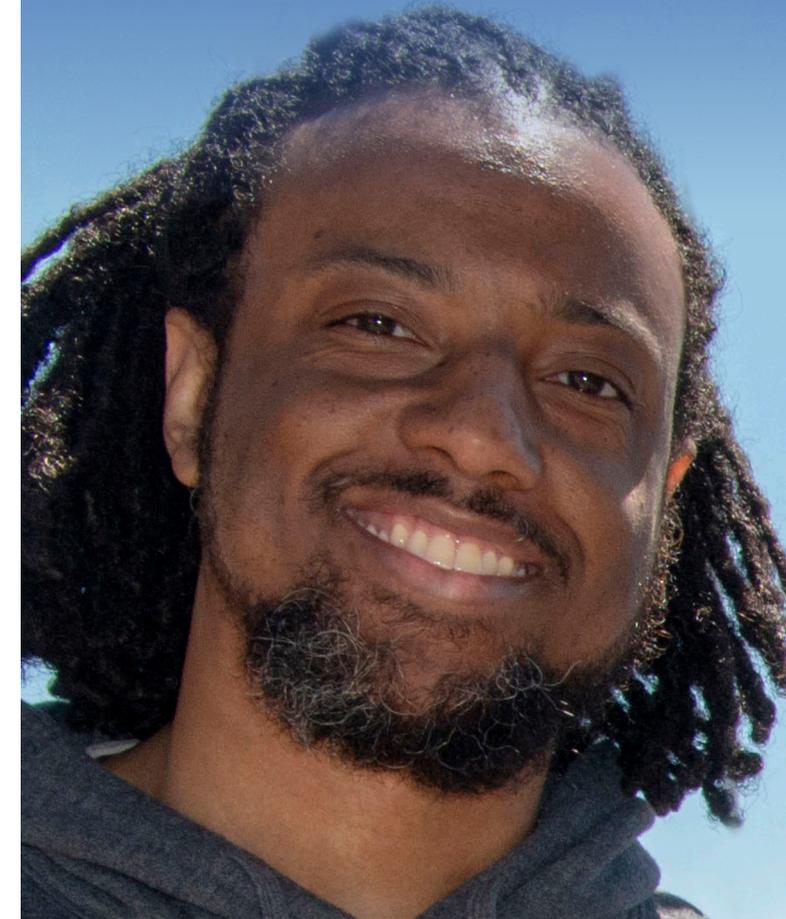


and  @naminyc\_metro



307 West 38th Street, 8th Floor, New York, NY 10018  
212-684-3365 • Helpline: 212-684-3264

[naminyc.org](http://naminyc.org)



Find Help

Find Hope

Find NAMI-NYC

## Learn

### CLASSES FOR FAMILY MEMBERS AND FRIENDS

When someone you care about develops a mental health condition, it can be difficult to know how to support them while also taking care of yourself. Our evidence-based classes provide family members and friends with the information, tools, and strategies needed to help their loved one, and better support themselves.

**BASICS** is a 6-week class for parents and caregivers of children and adolescents with behavioral or emotional issues, or mental health diagnoses.

**FAMILY-TO-FAMILY** is a 8-week class for families, caregivers, and friends of adults living with mental illness.

**FAMILY AND FRIENDS** is a 90-minute seminar for families, caregivers, as well as friends of adults living with mental illness.

### CLASSES FOR INDIVIDUALS LIVING WITH A MENTAL HEALTH CONDITION

One in five people experience some form of mental illness in any given year. Our classes offer individuals living with mental illness the tools needed for self-care and recovery. **PEER-TO-PEER** is an 8-week class for and taught by individuals with a mental illness striving to maintain their wellness.

### RESEARCH STUDIES

As a resource for the community, we post research studies on our site: [naminyc.org/research](https://naminyc.org/research)



## Connect

Our **PUBLIC EDUCATION EVENTS** are panels and workshops on topics of interest to our community held throughout the year. Popular topics include Introduction to Dialectical Behavior Therapy, Understanding Prolonged Grief Disorder, and Conflict Resolution Skills for Self-Advocacy. To learn about our upcoming events, join our email list at [naminyc.org/newsletter](https://naminyc.org/newsletter).

**IN OUR OWN VOICE** is a presentation centering the personal stories of people living with mental illness. It's designed to shatter stereotypes and offer hope.

**ENDING THE SILENCE** is a school-based presentation that can be customized for middle and high school students, caregivers, or faculty. Participants learn about mental illness, are able to ask questions of people who live with it, and learn how to find support.

**NAMIWALKS NYC**, held in May, brings together thousands of mental health advocates, leaders, and individuals and families affected by mental illness. It's the largest mental health walk in the nation.

## Advocate

Our **ADVOCACY AMBASSADOR** program provides families and individuals with the skills and training needed to meet with elected officials to create impactful and sustainable change in their neighborhoods and communities.

We also host timely **ADVOCACY TOWN HALLS** to discuss policy issues impacting families and individuals affected by mental illness and mobilize for timely actions.

Apply to be an Ambassador and learn more about upcoming actions promoting mental health for all: [naminyc.org/advocacy](https://naminyc.org/advocacy).

## Champion Mental Health

### WORKPLACE MENTAL HEALTH INITIATIVE

We support employers of all sizes across industries to develop and sustain mentally healthy work environments. We offer workshops for employees, managers, human resources staff, and leaders on topics like **Managing Mental Health in the Modern Workplace** and **Building Resilience in the Workplace**.

To learn more, please visit [naminyc.org/workplace](https://naminyc.org/workplace).

**“Thank you for caring about our mental health and resiliency. It makes me want to put my absolute best foot forward while my company does the same.”**

—Workshop Attendee