



National Alliance on Mental Illness

WHY DO WE RAISE FUNDS AND WALK?

The goal of the WALK is to raise both money and awareness in our community to support a world-class treatment and recovery system for people with mental illness.

NAMIWalks

- Increases the knowledge of mental illness, raises awareness of the importance of mental health and provides hope
- Supports the advocacy, education and support programs that NAMI offers
- Brings families together by increasing understanding through education and support

Helps raise funds for NAMI Southern Arizona's no-cost programs and services:

Family-to-Family/Familia a Familia: *A 12 class course for family and friends of individuals with mental illness*

NAMI Homefront: *A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions*

Peer-to-Peer/Persona a Persona: *A 10 class course for people with mental illness with a focus on mental health recovery*

In Our Own Voice/En Nuestra Propia Voz: *A presentation given by individuals with mental illness providing their testimonies*

Ending the Silence: *An early intervention program that engages students in mental health education and discussion, also available for school professionals, parent and agencies working with children and adolescents*

NAMI Basics: *A 6 class course that provides support and education to parents and caregivers of a child with a mental illness*

Family & Friends Support Groups: *Support Group for family members and friends affected by a loved one with mental illness*

Connection Support Groups: *Support group for those with mental illness*

Expressive Arts Group: *Support group for those with mental illness while exploring various arts forms*

Heart-to-Heart: *A friendship program for those with mental illness*

FaithNet: *An outreach and education program for faith based communities*

Advocacy: *Support and advocacy for family members, professionals and individuals with mental illness*

Did you know?

- NAMI is the only organization that provides an evidence based program called Family-to-Family in both English and Spanish.
- In 1983 NAMI Southern Arizona became the 4th affiliate formed in the country through our national organization.
- We offer an extensive library filled with books related to mental illness for use by our members.