



National Alliance on Mental Illness

WHY DO WE RAISE FUNDS AND WALK?

1. The goal of the WALK is to raise both money and awareness of the need of our community to support a world-class treatment and recovery system for people with mental illness.
2. Brings awareness to mental health and mental illness and provides hope.
3. Increases the knowledge of mental illness and the programs that NAMI Southern Arizona offers free of charge.
4. Brings families together.
5. To fund NAMI Southern Arizona's Programs:
 - **Family-to-Family/Familia a Familia:** *A 12 week educational course for family and friends of individuals with mental illness.*
 - **Peer-to-Peer/Persona a Persona:** *A 10 week educational course for people with mental illness with a focus on mental health recovery.*
 - **NAMI Basics:** *A 6 week course that provides support and education to parents and caregivers of a child with a mental illness.*
 - **In Our Own Voice/En Nuestra Propia Voz:** *A 90-minute presentation that affords individuals with mental illness the opportunity to speak to community groups.*
 - **Parents & Teachers as Allies:** *A two hour in-service mental health education program for school professionals.*
 - **FaithNet:** *An outreach and education program for faith based communities.*
 - **Heart-to-Heart:** *A friendship program for those with 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.*
 - **Client Advocacy:** *Support and advocacy for family members, professionals and individuals with mental illness.*

Did you know?

- **Our programs are offered for free.**
- **We are the only organization that provides an evidence based program called Family-to-Family in both English and Spanish.**
- **We were the 4th affiliate formed in the nation through our national organization. We offer an extensive library filled with books related to mental illness.**