



**NAMI**

National Alliance on Mental Illness

**Southern  
Arizona**

# Programs and Services

National Alliance on Mental Illness (NAMI) Southern Arizona is a non-profit, grassroots organization providing no-cost advocacy, education, and support to individuals with mental illness as well as their families and loved ones. Many of our programs, services and literature are also available in Spanish. NAMI Southern Arizona is a 501(c)(3) non-profit organization 86-0450977.

*NAMI Southern Arizona's mission is to improve the quality of life for all those affected by mental illness.*

## EDUCATION

**Family to Family\***: An 8-class course for family and friends of adults with mental illness.

**Homefront**: a six-session course for family and friends of Military Service Members and Veterans with mental health conditions.

**Peer to Peer\***: An 8-class course for individuals with mental illness focusing on recovery.

**Peer Leader Training**: Once the student has completed Peer-to-Peer, this 3 day training demonstrates how to co-facilitate a Peer-to-Peer class as a mentor, allowing participants to come full circle and view the Peer-to-Peer class from multiple perspectives. This is the second phase required toward becoming a certified Peer Support Specialist.

**Peer Support Specialist (PSS) Training**: Prepares participants to be better equipped to acquire a job in the behavioral health field. This training lasts for three full days. To become state certified, participants will complete 64 clock hours of cumulative training, which includes completion of the Peer-to-Peer class; Peer Leader Training; and Peer Support Specialist training. Upon completion of all three training opportunities, participants receive a state certified identification number provided by Arizona Complete Health.

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

**In Our Own Voice\***: A presentation given by individuals with mental illness providing their testimonies.

**NAMI Basics**: A 6-class course for parents and caregivers of children with mental illness.

## ADVOCACY

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

## SUPPORT

**Family Support Groups\***: Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

**NAMI Connection\***: A weekly recovery-focused group for adults living with mental illness.

**Heart to Heart**: A friendship program for people with mental illness.

## EVENTS & OTHER SERVICES

**NAMI Walks**: Our annual walk for mental health (March/April), which is our largest fundraiser and awareness campaign.

**May** — Mental Health Awareness Month

**July** — Minority Mental Illness Awareness Month

**September** — Suicide Prevention Month

**Mental Illness Awareness Week\***: Promoting events and activities throughout the first full week (Sunday-Saturday) in October.

**Members Lending Library\***: Books, DVDs and publications are available for checkout.

**Presentations\***: Provided on request for health providers, community groups, faith-based communities, businesses and others.

**\*Program/Service available in Spanish.**

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