

NAMI WASHINGTON: AFFILIATE PROGRAMS

Washington's local NAMI affiliates offer free peer, family, and caregiver support, education and outreach programs, and engage mental health advocates in their communities.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI Washington is the NAMI state organization in Washington. NAMI Washington provides educational resources and events, statewide outreach, advocacy and affiliate organizational support. NAMI Washington provides the free trainings that allow NAMI affiliates to provide NAMI programs.

<https://www.namiwa.org/index.php/get-help-support/online-support-groups>

WHAT PROGRAMS DO NAMI AFFILIATES PROVIDE?

Peer-to-Peer:

A recovery education course open to all adults with a serious mental illness emphasizing recovery is possible.

Family-to-Family:

A course for families, partners and friends of individuals with serious mental illness focusing on emotional responses.

Basics:

A course developed specifically for parents and other family caregivers of someone with a serious mental illness or who is experiencing symptoms.

Homefront:

A course for families, caregivers and friends of active duty military members and veterans with mental health conditions.

In Our Own Voice:

A public education presentation that offers insight into the hope and recovery possible for people living with mental illness.

Ending the Silence:

Classroom presentations for middle and high school students to raise awareness and help them to understand mental health conditions.

Multiple Support Groups:

Most affiliates hold weekly groups led by peers for individuals with mental health diagnoses, families, and veterans.

Other Programs:

Affiliates also offer a variety of services such as connection to resources, Crisis Intervention Training, Club House programs, and more!

Contact: Melanie Smith, Lobbyist,
smith.melaniej@gmail.com

Katherine Seibel, Director of Public Policy,
kseibel@namiwa.org



LOCAL NAMI AFFILIATE WEBSITES

Click on the local NAMI affiliate to learn about support and resources in your area.

All NAMI Washington affiliate online support groups schedules can also be found [here](#).

