

# NAMI NATIONAL ALLIANCE ON MENTAL ILLNESS

## Our Vision

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

## Our Mission

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

## Our Values

- **Hope:** We believe in the possibility of recovery, wellness and the potential in all of us.
- **Inclusion:** We embrace diverse backgrounds, cultures and perspectives.
- **Empowerment:** We promote confidence, self-efficacy and service to our mission.
- **Compassion:** We practice respect, kindness and empathy.
- **Fairness:** We fight for equity and justice.

## Who We Are

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.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

## Diversity, Equity And Inclusion

At NAMI, we believe a diverse, inclusive and equitable organization (or Alliance) is one where all employees, volunteers and members — regardless of gender, race, gender identity, ethnicity, national origin, age, sexual orientation, education, disability, veteran status or other dimension of diversity — feel valued and respected.

We are committed to a nondiscriminatory approach and to providing equal opportunity for employment, participation and advancement in all programs and worksites.

## What We Do

**We educate.** Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our [education programs](#) ensure hundreds of thousands of families, individuals and educators get the support and information they need.

**We advocate.** NAMI shapes national [public policy](#) for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

**We listen.** Our toll-free [NAMI HelpLine](#) allows us to respond personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many.

**We lead.** Public awareness events and activities, including [Mental Illness Awareness Week](#) and [NAMIWalks](#), successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

NAMI relies on [gifts and contributions](#) to support our important work.

Call the NAMI Helpline at

**800-950-NAMI**

Or in a crisis, text "NAMI" to 741741

|                     |   |
|---------------------|---|
| State Organization: | NAMI California   |
| Address:            |   |
| Phone:              | (916) 567-0163  |
| Email Address:      | <a href="mailto:info@namica.org">info@namica.org</a>      |
| Website:            | <a href="http://www.namica.org">http://www.namica.org</a> |

# NAMI Family-To-Family

NAMI Family-to-Family is a free 8-week course for family caregivers of individuals living with mental illness. [Learn more](#) about **NAMI Family-to-Family**

**NAMI California — NAMI Kern County**

## Dates

August 5, 2021 - November 17, 2021  
Every Thursday until September 23, 2021

## Location

via zoom

## Contact Information

Jan Lanse  
[janlanse@gmail.com](mailto:janlanse@gmail.com)  
(661) 301-0618  
<http://www.namikerncounty.org>



Hello Lisa!

## Online Support Groups

A photograph of a man with dark hair, wearing a light-colored t-shirt, sitting at a desk. He is looking at a laptop screen and smiling. A white mug is on the desk in front of him. The background shows a bookshelf with some books.

**Connection Recovery**  
Peer Support every Monday  
1:-2:30pm, Lisa at 760-920-7504  
6-7:30pm, Sarah at 760-614-5884

**Family Support**  
2 & 4th Tuesdays  
5:15-6:45pm, Lisa at 760-920-7504

Peer to Peer is an 8 week peer education program for adults experiencing mental health challenges. We will be offering more than one session this fall:

- Wednesdays, beginning September 22, 6-8pm
- Saturdays, beginning October 2, 1-3pm

To learn more attend one of our Open Houses.

**Virtual Open House**  
August 28, 1pm  
September 4, 1pm

**YOU ARE NOT ALONE**  
NAMI  
National Alliance on Mental Illness

- Meet the leaders
- Ask questions
- Talk to prior class participants
- Review curriculum

**Virtual Open House**

 **nami** **Peer-to-Peer**  
National Alliance on Mental Illness

To register, contact Sarah at 760-614-5884

Registration is open for our virtual Family to Family Program.

Family to Family is an evidenced-based program designed to help improve coping and problem-solving abilities of people closest to individuals with a mental health condition.

To register, send an email to [namikern@yahoo.com](mailto:namikern@yahoo.com).



## **NAMI Family to Family**

free, 8-week education program

**September 29 - November 17, 6-8:30pm**

email: [namikern@yahoo.com](mailto:namikern@yahoo.com)

