



PO Box 8260 · Richmond, Virginia 23226 · (804) 285-8264 · www.namivirginia.org

National Alliance On Mental Illness (NAMI) Virginia Fact Sheet

About NAMI Virginia

NAMI Virginia is the state office of NAMI (National Alliance on Mental Illness). NAMI Virginia was created in 1985 to provide support, education, and advocacy for individuals and families affected by mental illness in Virginia. NAMI Virginia's 27 affiliates play an active role providing support, education, and advocacy at the community level. NAMI is the largest grassroots mental health organization with affiliates in every state. NAMI Virginia has a membership base of approximately 2,300 people.

NAMI Virginia's Mission

Our mission is to promote recovery and improve the quality of life of Virginians with serious mental illness through support, education, and advocacy.

What does NAMI Virginia Do?

We offer education, support, and anti-stigma programs for people who want to learn more about mental illness and connect with others for mutual support. We provide education and outreach to the public through presentations, resource materials, and other means. We engage in ongoing advocacy campaigns and collaborate with stakeholders on shared goals for improvements in the mental healthcare system.

What are NAMI Virginia's programs?

- Family and Consumer Peer Education and Support
 - NAMI Virginia's education programs include *Family-to-Family*, *Peer-to-Peer*, *MESA*, *Basics*, *Family Support Groups*, *Connection Recovery Support Groups*, and various state and local programs.
- Public Education and Information
 - Our website www.namivirginia.org provides resources and information about mental illness, program schedules, affiliate contact information, and education to visitors.
 - The anti-stigma public education program *In Our Own Voice* helps dispel the stigma associated with mental illness.
 - Our toll-free HelpLine (1-888-486-8264) fields calls from people throughout Virginia who are seeking information and resources related to mental illness.
- Public Policy and Advocacy
 - We engage in ongoing advocacy campaigns on critical mental health issues, and help influence public policy during the legislative session and beyond. We work to improve the mental healthcare system by ensuring adequate funding, resources, and accountability.
- Public Events That Raise Funds and Awareness
 - *NAMI Walks* is our signature visibility and fundraising event. NAMI Virginia holds an annual Walk each year with hundreds of participants from the community.