



**nami**

National Alliance on Mental Illness

# Sharing Hope: Understanding Mental Health

# **Sharing Hope: Understanding Mental Health**

- Toolkit based outreach and education initiative.
- A 60-minute structured presentation specifically tailored for African American congregations.

# Sharing Hope Goals:

- Educate African American congregations about mental illness signs, symptoms, treatment, and support.
- Address mental health stigma in the African American community by providing scientifically-based information on mental illness.
- Increase understanding and awareness of mental health recovery by sharing lived experiences of people with mental illness, family members, and faith leaders.
- Foster dialogue in African American congregations about mental illness and how they can provide a caring and supportive environment for people with these illnesses and their families.
- Introduce NAMI education and support programs to African American congregations.

# Components

- Presented by a team of 3:
  1. Person with mental illness
  2. A person that has a loved one with mental illness
  3. A faith leader with experience dealing with mental illness.
- A companion educational booklet:

*Family Guide to Mental Health: What You Need to Know*

# Presentation

## Topics

Presenters will share their lived experience with mental illness and:

- Walk participants through the major signs and symptoms of bipolar disorder, depression, and schizophrenia
- Offer an overview of recovery
- Share information on what congregations can do to provide support
- Provide information about NAMI resources

- The presentation follows the outline of this booklet.
- Presenters will read the three stories included in *A Family Guide to Mental Health: What You Need to Know*.

A Family Guide to Mental Health:  
What You Need to Know



## **3 Pilots**

- **True Light Baptist Church (NAMI Georgia)**
- **Galilee Baptist Church in Trenton (NAMI Mercer, NJ)**
- **United Church of God in Christ in St. Paul (NAMI Minnesota).**

## Current Sites

NAMI Alabama

NAMI Minnesota

NAMI Nebraska

NAMI Southern Sector Dallas, TX

NAMI Georgia

NAMI Jacksonville, FL

NAMI Howard County, MD

NAM Tennessee

NAMI Louisiana with NAMI Ruston

NAMI Western Massachusetts, MA

NAMI Mercer, NJ



For more information visit  
[www.nami.org/sharinghope](http://www.nami.org/sharinghope)  
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