

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education. Members of NAMI are families, friends and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

Many NAMI affiliates offer an array of support and education programs for individuals and families.

For information about what is available in your community, contact your local affiliate directly or visit www.nami.org.

How can I schedule a Sharing Hope presentation for my congregation?

Hear from people with mental illness, family members, and faith leaders whose lives have been enriched by mental illness.

For more information about Sharing Hope, please visit www.nami.org/sharinghope, phone the NAMI HelpLine at 1 (800) 950-NAMI (6264), e-mail info@nami.org or contact your local NAMI affiliate:



How does mental health impact your congregation?

The National Alliance on Mental Illness is working with caring congregations to provide helpful mental health information.

Together, we can make a difference.

Sharing Hope: Understanding Mental Illness



Share hope and support with people touched by mental illness

Mental health is part of our overall health. When we think about our health, most of us think of physical health and tend to forget about our mental well-being. This program helps us understand that, just like our heart or lungs, our brain can also get sick.

Mental illness affects one of five Americans at some point in their lifetime. African Americans are no exception. Unfortunately, lack of understanding about this illness keeps many of us from seeking help.

Sharing Hope: Understanding Mental Health is an education initiative for African American congregations.

Sharing Hope provides an overview of mental illness, treatment and recovery from the perspective of people of faith who have experienced these illnesses.

Sharing Hope helps faith leaders and their congregations to initiate an open dialogue about mental health, the important role spirituality plays in recovery and the support faith communities can provide for individuals and families touched by mental illness.

Sharing Hope offers information and tools to help members of congregations find treatment and support.

“One of the best things that our congregation has ever done was to bring Sharing Hope to the church. We have overcome slavery, impoverishment, trials and tribulations. Now it is time for us to come out of the dark ages in dealing with mental illness.”

Faith leader—Trenton, N.J.

Program components

- Interactive, one-hour presentation facilitated by a faith leader and two other individuals with lived experience of mental illness.
- An informational booklet, *A Family Guide to Mental Health: What you Need to Know*, helps guide this discussion. Participants are provided with a copy of this booklet and other helpful resources, such as information about further education and support opportunities through NAMI.



“We’re perking up our ears, tuning up our hearts so that we can listen and help one another.”

Presenter—St. Paul, Minn.