

NAMI **Sharing Hope**

National Alliance on Mental Illness

A NAMI Partnership-Building and Mental Health Education Outreach Initiative for African American Communities

Mental illness affects one in four adults in America. These rates are the same for African Americans but the context may not be. As many studies have highlighted, limited mental illness educational opportunities and high levels of stigma prevent many members of this community from accessing mental health support.

NAMI's Multicultural Action Center, which works to focus attention on system reform to ensure access to culturally competent services, education and support for *all* Americans, has created Sharing Hope to help increase available knowledge and resources about mental health within African American communities.



Initiative Goals:

- Build positive and lasting relationships within African American communities
- Increase understanding and awareness of mental health recovery by sharing lived experiences of people with mental illness and family members.
- Address mental health stigma in the African American community by providing science-based information on mental illness.
- Foster dialogue within predominantly African American groups about mental illness and support for individuals with these illnesses and their families.
- Welcome African American communities to NAMI education and support programs.

Components

- A practical coordination guide for successful implementation of partnership-building and educational programming efforts
- A 60-minute interactive presentation focusing primarily on experiences of the presentation team with personal connections to mental health issues and a discussion-based activity with the companion booklet, *A Family Guide to Mental Health: What You Need to Know*
- Checklists, practice sheets and other helpful materials included to assist the individuals working with this initiative.

The Sharing Hope materials are available free of charge to NAMI state and affiliate organizations. Those interested bringing Sharing Hope to their community but not affiliated with NAMI are encouraged to partner with a NAMI state or affiliate to do so.

Visit www.nami.org/sharinghope or contact sharinghope@nami.org for more information and to request the materials.