

Hope



NAMI is dedicated to improving the lives of people with mental illness, their families, and the communities in which they live. We focus on recovery, resiliency, and the support that is essential to wellness and quality of life.

NAMI operates at the national, state and local level.

NAMI provides strategic direction for the entire organization, supports NAMI's state and affiliate members, and engages in advocacy, education and leadership development.

NAMI Maryland provides educational resources and events, statewide outreach, advocacy and affiliate organizational support. NAMI Maryland provides the free trainings that allow NAMI affiliates to provide NAMI programs.

NAMI Maryland works with local partners across Maryland to offer free peer support, education and outreach programs, and engage mental health advocates.



1 OUT OF 5 ADULTS ARE AFFECTED BY MENTAL ILLNESS

Mental illness does not discriminate. It can affect persons of any age, race, or socioeconomic status.

The World Health Organization reports that four of the 10 leading causes of disability in the United States are mental disorders.

In the U.S. the indirect cost of mental illness is estimated at \$79 billion. Most of that amount reflects the loss of productivity.

Approximately 50% of students labeled with mental disorders drop

A VOICE



WE CAN HELP ON THE JOURNEY TO RECOVERY

Our peer-led education programs give individuals living with mental illness and their families a place to turn, a place to access a strong network of education and support programs presented by trained teachers and facilitators who have "been there". You benefit from the unique wisdom of their own lived experience with mental illness.

Local Community

Working together with local NAMI affiliates, NAMI provides support, education, information, and advocacy to the Marylanders and their families who live with serious mental illness.

Helpline

A statewide helpline providing useful advice and caring support also results in referrals to local affiliates and to local and state service providers.

Free Information

Resources and practical tips about mental illness, dealing with a psychiatric crisis, understanding the criminal justice system, and more.

Resources are available at www.namimd.org or call **877.878.2371**.

Peer Education and Support Groups

Peer-led education courses and support for individuals with mental illness and for families.

Education

Our annual conference, free teleconferences and webinars, e-news, and newsletters offer up-to-date information delivered by experts for individuals with mental illness, their families, mental healthcare providers, police, faith communities, the workplace, and the broader community.

TESTIMONIES FROM NAMI PARTICIPANTS:

"The presentation showed it actually was possible to come back from the darker days." - NAMI In Our Own Voice Audience Member

"Thank you for being a resource to the community and making people's lives better." - Helpline Caller

"I learned to confront the stigma I placed on myself - I'm not 'crazy', I'm treatable!" - NAMI Peer-to-Peer Graduate

"I have to say - I have so much HOPE today and I have the group to thank for that." - NAMI Support Group Attendee