

GET TO KNOW NAMI NEBRASKA



WHO IS NAMI NEBRASKA?

NAMI Nebraska is a champion for recovery, we are a statewide, non-profit organization that provides high quality education and support services to effect positive change for those impacted by mental illness.

WHAT DOES NAMI NEBRASKA OFFER?

- NAMI Nebraska currently offers 4 classes and 2 support groups.
- NAMI Basics
- NAMI Family to Family
- NAMI Peer to Peer
- Ending the Silence
- Family Support Group
- Connections

NAMI BASICS

- 6 sessions – evidence based curriculum, in person or via zoom
- For parents, caregivers, other family members who provide care for youth (22 yrs old and younger) who are experiencing mental health symptoms
- Classes cover understanding what is a mental health condition, different types of mental health conditions and brain development, treatment options, communication skills and crisis preparation, navigating the mental health, school, and juvenile justice systems, and how to advocate and take care of yourself

FAMILY TO FAMILY

- 8 sessions
- Family members, significant others, and friends of anyone experiencing a mental health condition
- Classes teach about impact of mental health conditions on the family, preparing for and managing a crisis, understanding mental illness diagnoses, different types of mental health conditions, how to talk to a mental health professional, communication skills and problem solving, and self care

ENDING THE SILENCE

- Prevention and Early Intervention presentation
- Available for 3 audiences: students, families, and school staff
- Learn to recognize the early warning signs of mental health conditions and how to respond
- Hear directly from a young person with a mental health condition to help dispel myths and provide a message of hope
- One time presentation (50 to 60 minutes)

FAMILY SUPPORT GROUP

- Peer led group that meets for 60 to 90 minutes weekly, bi-weekly, or monthly
- Provides a safe place to share resources and experiences
- Follows a structured model to ensure all participants are heard
- Open to any adult (18 years and older) family member, partner or friend of a person who has experienced or is experiencing a mental health condition

CONNECTIONS

- Peer led support group for any adult over the age of 18 with a mental health condition
- Meets for 60-90 minutes weekly, bi-weekly or monthly
- Helps individuals understand their mental health condition, teach better coping skills, find strength from sharing experiences, safe and non-judgmental space

COULD YOU BE A CLASS OR GROUP LEADER?

- NAMI Nebraska is always looking for class and group leaders
- All groups and classes are peer or family member led
- Training is provided – approximately 16 hours and take place over a weekend
- Trainings are offered online
- Interested? Contact NAMI Nebraska at info@naminebraska.org or call 402-345-8101

MORE NAMI INFO

- There is NO CHARGE for any of the classes or class materials
- Classes and support groups are offered in person and online
- Program and support group leaders are paid a stipend for each class
- Class and support group details can be found at [Calendar - NAMI Nebraska](#)



CURRENT OFFERINGS

- NAMI Family Support Group meets virtually on the 2nd and 4th Monday of each month from 6:30-8:00pm. This group is free to attend, and all are welcome.
- Upcoming Dates:
- November 24
- December 8
- December 22
- January 12
- January 26



CONTINUED

- NAMI Basics is offered as a self paced online class. For more details go to www.nami.org/support-education/mental-health-education/nami-basics/ondemand

NAMI Nebraska is offering the 8-week NAMI Family-to-Family Education Program free of charge to participants. Sessions are online from 5:30-8:00 p.m. on consecutive Tuesdays beginning February 3, 2026.

For more information or to register for any of these offerings go to info@naminebraska.org

CONTINUED

- The NAMI Family Caregiver HelpLine will provide:
- Free, confidential, peer-led support
- Practical guidance, trusted resources, and help navigating systems
- Compassionate conversations with HelpLine volunteers who truly understand because of their own lived experiences
- Support that affirms caregivers deserve care, too
- You can spread the word! Let your caregivers know to call [1-800-950-6264 and press “4” or text “Family” to 62640 to connect with a skilled NAMI Family Caregiver HelpLine Specialist today.](tel:1-800-950-6264)

THANK YOU!!

- ANNETTE DUBAS – CENTRAL NEBRASKA DIRECTOR
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