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NATIONAL ALLIANCE ON MENTAL ILLNESS OF VIRGINIA (NAMI VIRGINIA) FACT SHEET

About NAMI Virginia

NAMI Virginia is the Virginia state office of NAMI (the National Alliance on Mental Illness). NAMI Virginia was created in 1985 to provide support, education, and advocacy for family members and individuals affected by mental illness in Virginia. NAMI Virginia's 27 local affiliates play an active role providing support, education, and advocacy at the community level. NAMI Virginia is part of the national organization NAMI, the largest grassroots mental health organization with affiliates in every state. NAMI Virginia has a membership base of 2,300 and growing.

NAMI Virginia's Mission

Our mission is to improve the lives of all those who are affected by serious brain disorders and to fight the stigma that surrounds mental illness.

What does NAMI Virginia Do?

NAMI Virginia is a grassroots organization that is dedicated to improving the quality of life for all those who are affected by mental illness. We do this through education and advocacy, and by working with community organizations, agencies, and partner groups on shared goals.

What are NAMI Virginia's Programs?

- **Family and Consumer Peer Education and Support**
 - NAMI's education programs include *Family-to-Family*, *MESA*, *Visions for Tomorrow*, *Peer-to-Peer*, *Connection Recovery Support Groups*, and *Family Support Groups*.
- **Public Education and Information**
 - Our website www.namivirginia.org provides resources and information, training opportunities, support group information, family and consumer education classes, links to partner organizations, and affiliate contact information, and more.
 - Our toll-free statewide [HelpLine](tel:1-888-486-8264) (1-888-486-8264) fields calls from individuals throughout Virginia seeking information and referrals for mental health
 - Public awareness activities including *Mental Illness Awareness Week* and the compelling public education and outreach program *In Our Own Voice* to help dispel the stigma associated with mental illness and foster the hope of recovery.
- **Advocacy**
 - NAMI Virginia engages in ongoing advocacy on the state and local levels to improve policies relating to mental illness and access to services and care.
- **Public Events That Raise Funds and Awareness**
 - *NAMI Walks* is NAMI's signature fundraising event. NAMI Virginia held its third WALK in 2007 with 500 participants (including Governor Tim Kaine) and raised \$110,000 to raise awareness and support NAMI Virginia's local programs and activities.

For more information about NAMI Virginia please visit

www.namivirginia.org