



PO Box 8260 • Richmond, VA 23226  
804.285.8264 phone • 804.285.8464 fax  
[www.namivirginia.org](http://www.namivirginia.org)

### **About NAMI Virginia**

NAMI Virginia is the Virginia state office of NAMI (the National Alliance on Mental Illness). NAMI VA was created in 1985 to provide support, education, and advocacy for consumers and family members affected by mental illness in Virginia. NAMI VA's 28 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 VA has a membership base of 2,300 people.

### **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 and state agencies 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, the Provider Education Program, Peer-to-Peer, support groups, and various state and local programs.
- Public Education and Information
  - Our website [www.namivirginia.org](http://www.namivirginia.org) provides resources and information about mental illness, program schedules, affiliate contact information, and education to visitors
  - Our toll-free HelpLine (1-888-486-8264) fields calls from around Virginia from consumers and family members seeking information and referrals
  - Public awareness activities including *Mental Illness Awareness Week* and *In Our Own Voice* help dispel the stigma associated with mental illness and encourage early intervention and treatment.
- Advocacy on Behalf of People Living with Mental Illness
  - NAMI VA engages in advocacy on the state and local levels to improve policies relating to mental illness.
- Public Events That Raise Funds and Awareness
  - *NAMI Walks* is NAMI's signature fundraising event. NAMI VA held its first successful WALK in 2006 with more than 500 participants and raised \$117,000.

For more information about NAMI Virginia visit [www.namivirginia.org](http://www.namivirginia.org)  
Email for general questions: [namiva@comcast.net](mailto:namiva@comcast.net)