



- **NAMI – the National Alliance for the Mentally Ill -- is a grassroots, self-help, support, education, and advocacy organization dedicated to improving the lives of all those affected by serious mental illness.** This includes consumers diagnosed with a mental illness; their family members, relatives and friends; mental health professionals; and all who share NAMI's vision and mission.
- **NAMI welcomes as members all who share our mission to advocate on behalf of consumers and family members, to promote research into the causes of and treatments for mental illnesses, and to combat the stigma and discrimination faced by consumers and their families.** Consumers are an essential and growing part of the NAMI membership and leadership.
- NAMI was founded in 1979 by 254 people and now has more than 210,000 members in over 1,200 affiliate groups in all 50 states, the District of Columbia, Puerto Rico, the US Virgin Islands, American Samoa, and Guam. NAMI is getting stronger every day. **In fact, *Worth Magazine* recently ranked NAMI in its "Top 100 charities most likely to change the world."**
- **Millions of Americans, involving an estimated one in four families, are living with mental illness.** Most NAMI members are either a consumer or family member whose life is personally touched by a severe brain disorder such as:
 - Schizophrenia and other schizophrenia spectrum disorders
 - Bipolar Disorder
 - Major Depressive Disorder
 - Severe Anxiety Disorders, including Panic Disorder and Obsessive-Compulsive Disorder
- **The NAMI HelpLine** offers support and is staffed primarily by trained volunteers who can answer general questions about mental illness, provide referrals to local affiliate support groups and services, and offer a supportive, listening ear. NAMI also provides up-to-date brochures and fact sheets about mental illnesses, treatment options, and other issues faced by families struggling with mental illness.
- **The Campaign for the Mind of America** is a national marketing, education and outreach initiative that will focus on the need for our country to build a world-class treatment and recovery system for people with mental illnesses.
- **NAMIWALKS for the Mind of America** is a pilot fundraising component of NAMI's Campaign for the Mind of America that was held in 12 communities around the country in May 2003. NAMI is expanding the program to almost 40 cities in May 2004. All walkers are encouraged to raise as much as possible from family, friends, co-workers and business associates in support of their participation in the Walk. All proceeds from the Walk will be used to fund NAMI's programs, which include support, education, advocacy and the encouragement of research involving mental illnesses.

For more information about NAMI and how to join, **The Campaign for the Mind of America**, or the **NAMIWALKS for the Mind of America** event . . .

- Please visit the NAMI web site at www.nami.org or
- NAMI South Dakota web site at www.nami.org/sites/NAMISouthDakota