

**REVIEWED***By Chris at 10:38 am, Apr 01, 2020*

About NAMI

Our Vision

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

Our Mission

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Our Values

- **Hope:** We believe in the possibility of recovery, wellness and the potential in all of us.
- **Inclusion:** We embrace diverse backgrounds, cultures and perspectives.
- **Empowerment:** We promote confidence, self-efficacy and service to our mission.
- **Compassion:** We practice respect, kindness and empathy.
- **Fairness:** We fight for equity and justice.

Who We Are

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.

What We Do

NAMI relies on **gifts and contributions** (<http://www.nami.org/Get-Involved/Donate>) to support

our important work:

We educate. Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our **education programs** (<http://www.nami.org/Find-Support/NAMI-Programs>) ensure hundreds of thousands of families, individuals and educators get the support and information they need.

We advocate. NAMI shapes national **public policy** (<http://www.nami.org/Learn-More/Public-Policy>) for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

We listen. Our toll-free **NAMI HelpLine** (<http://www.nami.org/Find-Support/NAMI-HelpLine>) allows us to respond personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many.

We lead. Public awareness events and activities, including **Mental Illness Awareness Week** (<http://www.nami.org/Get-Involved/Awareness-Events>) and **NAMIWalks** (<http://www.namiwalks.org/>), successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

NAMI 40th Anniversary



Since 1979, NAMI has been a beacon of help and hope to all people affected by mental health conditions. From humble beginnings around kitchen tables to 48 NAMI State Organizations, more than 600 NAMI Affiliates and a national headquarters, we have grown into the largest grassroots mental health organization in the country.

For 40 years, we have been at the forefront of the mental health movement providing support, education and advocacy to ensure people get the care they need and deserve. Stay tuned for 40th anniversary recognition on nami.org, and help us reflect on our history and grassroots by sharing your well wishes, memories, shout outs or photos at **NAMI40@nami.org** (<mailto:NAMI40@nami.org>).

More About NAMI

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