

# Improving Lives

## What is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

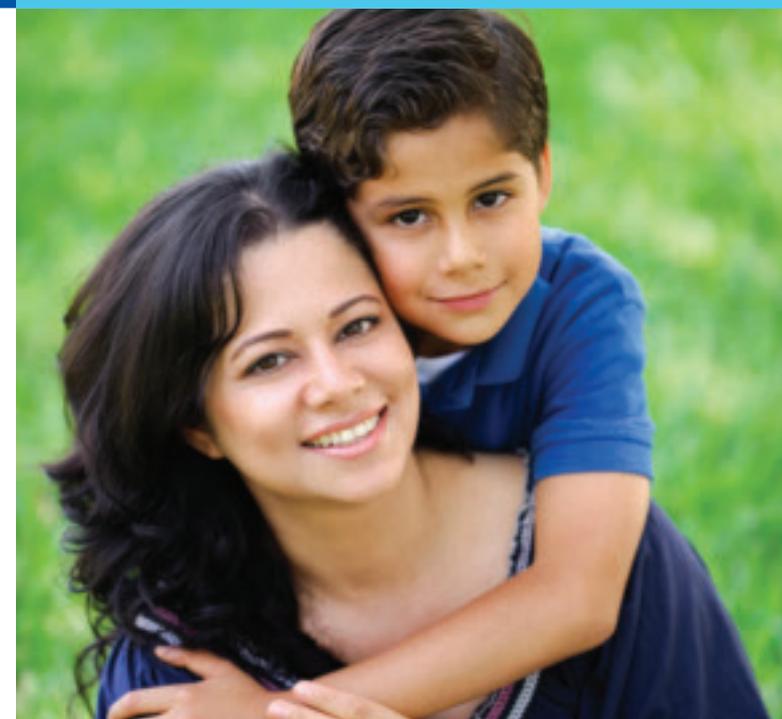
Many NAMI Affiliates offer an array of support and education programs for families and individuals. For information about what is available in your community, contact your local NAMI Affiliate directly, or call the NAMI HelpLine at 800-950-NAMI (6264), or visit [www.nami.org](http://www.nami.org).

## What is NAMI FaithNet?

NAMI FaithNet is an information resource and network for NAMI members, clergy and people of faith from all faith traditions. The goal of NAMI FaithNet is to encourage the development of welcoming and spiritually nourishing environments in every place of worship.

NAMI FaithNet provides a wide variety of resources, including:

- *Reaching out to Faith Communities* training materials,
- *Bridges of Hope*, a ready-to-use presentation,
- articles, links to related sites,
- service planning materials,
- on-line support, handouts,
- bulletin inserts and much more.



**An Information Resource  
for Faith Communities and  
individuals who desire to  
support people affected  
by mental health conditions.**

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*“NAMI FaithNet outreach and resources are most helpful in encouraging churches to become more supportive and welcoming of their members with mental illness and their families.”*

*NAMI Affiliate leader*



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[www.nami.org](http://www.nami.org)  
Facebook: [facebook.com/officialNAMI](https://www.facebook.com/officialNAMI)  
Twitter: [NAMICommunicate](https://twitter.com/NAMICommunicate)

[www.nami.org/faithnet](http://www.nami.org/faithnet)





## A Unique Opportunity for Faith Communities

### Did You Know?

One in five adults and children experience a mental health condition in a given year, including depression, schizophrenia, bipolar disorder and other conditions. Faith and spirituality are essential elements of healing and recovery for many, yet many clergy and people of faith feel ill-equipped to provide appropriate support, education and assistance to persons living with mental illness. NAMI FaithNet can help.

### Training is Available:

- *Reaching Out to Faith Communities* is a four-part, downloadable, self-instruction training designed to encourage and equip NAMI leaders and members to raise awareness, share their story and NAMI resources with local faith groups.

### A Ready-to-Use Presentation:

- *Bridges of Hope* is a three-part PowerPoint presentation with instructions and a script. It is created for NAMI members to speak to clergy and faith groups about mental illness, the role of faith communities and NAMI programs.

### How People of Faith Can Help:

- Use NAMI and NAMI FaithNet resources like *Bridges of Hope* to provide education about mental illness and NAMI programs.
- Invite local NAMI members or mental health professionals to speak to your congregation.
- Equip persons in your congregation to support individuals and families affected by mental illness through prayer, hospital and home visits, support groups and inclusion in worship and other activities.
- Offer meeting space to your local NAMI Affiliate; ask them to provide referral information to mental health services and supports in your area.

### Mental Illness Affects Everyone

Mental illness affects nearly 60 million Americans every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in five adults and children across the United States.

People living with mental health conditions need help and hope. They need a community that supports them, their families and their recovery.

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*“Using faith is powerful in overcoming challenges of mental illness.”*

*NAMI Affiliate leader*

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*“Having a son with bipolar and a brother who died by suicide, I am passionate about providing mental health education, support and advocacy to faith communities and about offering spirituality as a resource in recovery. I applaud the work of NAMI FaithNet.”*

*Rev. Alan Johnson  
United Church of Christ; NAMI Boulder, CO  
Interfaith Network on Mental Illness*