



For 40 years, helping families and individuals affected by mental illness build better lives through education, support, & advocacy. We are NAMI-NYC.



NAMI-NYC offers classes, support groups, education events, and advocates to improve the mental health system for all New Yorkers. Our programs and services are peer-led by trained volunteers and staff with lived experience, and are available **free of charge** to anyone who needs them.

Our **CLASSES** provide tools adults with mental illness *and* family members need to establish and sustain recovery.

**NAMI PEER-TO-PEER** | 8-week class for people with a mental illness who wish to maintain their wellness and recovery.

**NAMI BASICS** | 6-week class for parents and caregivers of children and teens (< 18) who are showing signs of emotional and/or behavioral difficulties, or have a mental health diagnosis.

**NAMI FAMILY-TO-FAMILY** | 8-week class for families, caregivers, and friends of adults (> 18) living with mental illness.

**NAMI FAMILY & FRIENDS** | 90-minute seminar for families, caregivers, and friends of adults living with mental illness.

Our **SUPPORT GROUPS** address the needs of both family members *and* adults with mental health challenges. Here is a sample of what we offer:

- ❖ Asian American & Pacific Islander
- ❖ Black Minds Matter
- ❖ Creative Writing
- ❖ Family & Friends
- ❖ Hearing Voices
- ❖ Job Talk
- ❖ Knit 2 Unwind
- ❖ LGBTQ+
- ❖ Living with Bipolar
- ❖ Music Group
- ❖ Parents of Children & Young Adults
- ❖ Sibling & Adult Child
- ❖ Young Adult

Our **MENTOR MATCH** programs connect family members for support.

Taking care of someone with a mental health issue can be isolating and overwhelming. We connect, via phone, trained and experienced family members with those who are new to supporting a relative with mental health challenges, for emotional *and* practical support.

Our **HELPLINE** provides emotional support *and* resources.

Our Helpline provides callers with support, information, and referrals to community services and other resources. Staffed by trained volunteers with lived experience.

**Find help. Find hope.**

Learn more at [www.naminyc.org](http://www.naminyc.org)

Contact our Helpline today.  
Call 212-684-3264 or  
email [helpline@naminyc.org](mailto:helpline@naminyc.org)  
We can help.

DUE TO COVID-19, ALL PROGRAMS OFFERED ONLINE AND BY PHONE AT THIS TIME