

Welcome to NAMI

Thank You! We would like to express our heartfelt gratitude and appreciation to you for choosing to join NAMI Chattanooga as we give vital support to our families, friends, and consumers (those who have been diagnosed with a mental illness).

NAMI (National Alliance on Mental Illness)

NAMI is the nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has a national organization as well as state organizations and local affiliates in more than 1,100 communities across the nation.

Since its inception in 1979, NAMI has established itself as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in the NAMI's mission have produced profound changes.

NAMI awareness efforts have successfully addressed the stigma of mental illness, ensuring the decrease of barriers to treatment and recovery.

NAMI Chattanooga OVERVIEW

The NAMI Chattanooga affiliate has been in existence for more than 30 years. We have the same mission and goals as our national organization with our efforts concentrated on assisting those in our local community.

NAMI Chattanooga –WHAT WE DO

The goals of **NAMI Chattanooga** include education, support, and advocacy regarding the needs of individuals with a treated or untreated mental illness. NAMI Chattanooga provides monthly support group meetings, peer assistance and courses on mental illness and coping skills. Through participating in NAMI, families and friends, who give needed support to the consumer (person with the mental illness) develop the understanding, skills, and strengths they need to support recovery. NAMI Chattanooga brings families and providers closer together by sharing insights and techniques beneficial to both. We come together to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to combat stigma, promote awareness and advocate for others.

At NAMI Chattanooga you will find:

- A place to build a network of friends who care and understand
- Ideas that can help you take care of yourself and your family
- A chance to share your experience and learn from others
- Information about many types of mental illness, classes, newsletters, professional speakers, books, videos and pamphlets.
- Opportunities to advocate for change
- And many other helpful tools that can be used to meet the challenges associated with mental illness

Again, thank you for becoming part of our NAMI Chattanooga group of families and friends.

Marshal L. Baker

President, NAMI-Chattanooga

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