



Hawaii's Voice on Mental Illness

FREE
INFORMATION
SUPPORT
EDUCATION



NAMI Hawaii is a state organization of National Alliance on Mental Illness, the nation's largest grassroots mental health organization. We provide free programs statewide on Zoom and in person programs through our affiliates on Kauai, Oahu, Maui and the Big Island.

SUPPORT, EDUCATE, ADVOCATE, AWARENESS

Website: namihawaii.org
Email: info@namihawaii.org
Tel: (808) 591-1297



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FREE PROGRAMS STATEWIDE

IN PERSON (p) AND ON ZOOM (z)

NAMI Family to Family Education Courses are free 8-session educational programs for family and loved ones caring for people with mental illness, an evidenced-based program, which significantly improves the coping and problem-solving abilities. z

NAMI Family and Friends Seminars are 90 Min or 4 Hour presentations, a shortened version of Family to Family Education. z

Peer to Peer Education Course is a free 8-session program for people living in mental health recovery. pz

Support Groups are free, confidential, monthly, peer-led support group. **NAMI Connection Recovery groups** are for people in recovery, **Family groups** are for loved one who care for them, **FaithNet groups** are for people of faith. Following a structured model everyone is heard and gets support. pz

Information and Support is available. We respond personally to all inquiries and requests, providing free information and support. pz

Youth Programs include **Ending the Silence** presentations and **NAMI on Campus** clubs. pz

NAMIWalks is the largest and most successful mental health awareness and fundraising event in America! NAMIWalks' public display of support for mental health is breaking stigma. NAMIWalks Hawaii will be held on the 2nd Sat. in October. Register: namiwalks.org/Hawaii p

NAMI Hawaii Speakers Bureau offers free presentations that change people by describing the reality of living with mental illness. People and families affected by mental illness share their powerful personal stories to schools, churches, and businesses. pz

Conferences and Workshops on various topics, such as mental wellness, how to communicate, social services, etc., are offered throughout the year. pz

Free Resources, Fact Sheets, Classes & Group Time/Locations go to: <https://namihawaii.org>

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