



## Mental Health Programs and Services

### No Matter Where You Live

As the need for more information about mental health conditions has been driven upwards by the increased incidences of behavioral health illnesses, NAMI in Illinois has responded by making many of its programs available in a virtual or online format. This ensures that people across the state have access to the information that can educate and support them as they learn about and manage the issues of mental health challenges.

The following education programs are all available online or as live, virtual presentations:



**NAMI Basics** is a six-session peer-directed education program developed specifically for parents and other caregivers of children and adolescents who have either been diagnosed with or are experiencing symptoms of a serious mental illness/serious emotional disturbance. The course is available on-demand online. For more info: <https://nami.org/Support-Education/Mental-Health-Education/NAMI-Basics>



**NAMI Ending the Silence** helps middle and high schoolers understand mental illness. Through a presentation given by a young adult living with a mental illness, they learn about the warning signs for themselves and their friends. NAMI Ending the Silence helps raise awareness and change perceptions around mental health conditions. This program also can be tailored to parents and to school staff and is offered virtually.



**NAMI Family & Friends** is a 90-minute or 4-hour format online seminar that informs and supports people who have loved ones with a mental health condition and is based on Family-to-Family and Basics. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. For dates and to register: <https://namiillinois.org/calendar/>



**NAMI Homefront** is a 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. Based on Family-to-Family, the program is taught by trained family members of service members/veterans with mental health conditions and is offered online. For more info: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Homefront>

NAMI in Illinois offers a full suite of virtual support groups every week:



**NAMI Connection** is a 90-minute recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies and offer each other encouragement and understanding. Groups are led by peers who are certified support group leaders. To register: <https://namiillinois.org/support-and-education/support-groups/connection-support-group/>



**NAMI Family Support Group** is a 90-minute group for caregivers of individuals with a mental illness, where family members can talk frankly about their challenges and help one another through their learned wisdom. These meetings are facilitated by trained NAMI members who also have family members living with mental illness. To register: <https://namiillinois.org/support-and-education/support-groups/family-support-group/>

For information about any of these programs, visit [namiillinois.org](http://namiillinois.org) or contact Teri Latter, NAMI IL State Program Director at [teri@namiillinois.org](mailto:teri@namiillinois.org)



## Mental Health Resources

### What is NAMI?

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization, dedicated to building better lives for millions of Americans and families affected by mental health conditions through Education, Support, Advocacy, and Awareness. NAMI in Illinois is comprised of 20 local affiliates.

### How do I reach NAMI?

There are several ways to contact NAMI:

- ✓ Email: [info@namiillinois.org](mailto:info@namiillinois.org)
- ✓ Visit our website: [namiillinois.org](http://namiillinois.org)
- ✓ Call us: 217-522-1403

### What other mental health resources are available?

#### Nationally

- ✓ National Suicide Prevention Hotline: 800-273-8255; for Spanish: 888-628-9454
- ✓ Crisis Text Line: Text 'NAMI' to 741741
- ✓ Transgender Suicide Hotline: 877-565-88860
- ✓ Trevor Hotline, serves LGBTQ+ community: 866-488-7386
- ✓ Veteran's Crisis Line: 800-273-8255, press 1
- ✓ Substance Abuse & Mental Health Services Administration Hotline: 800-662-4357

#### In Illinois

- ✓ Illinois Warm Line: 866-359-7953
- ✓ In City of Chicago, dial 311 for help and referral services
- ✓ Outside of Chicago metro, dial 211 for help and referral services (not available in some counties)
- ✓ Illinois CARES Hotline, if child poses danger to self or others: 800-345-9049
- ✓ Call4Calm Text Line: Text TALK to 552020; for Spanish, text HABLAR to 552020
- ✓ Illinois Helpline for Opioids and Other Substances at 1-833-2FINDHELP