

*NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.*

**NAMI SE IN's Mission is to provide assistance and hope to families and individuals affected by mental illness through education, support and advocacy.**

### **Lawrenceburg NAMI Family Support Group**

The Lawrenceburg Family Support Group is currently being held virtually the **first Wednesday** of every month, **6:30-8 PM**. The group is for family members of those living with mental illness. Meetings are open and newcomers are always welcome. To register contact Kathy at [kathbb@comcast.net](mailto:kathbb@comcast.net).

For other alternatives check NAMI Indiana <https://www.namiindiana.org/programs/support-groups>

### **Madison NAMI Family Support Group**

The Madison Family Support Group is testing simultaneous virtual meetings and face-to-face meetings at The Clearing House, 100 E. 2nd St., Madison, IN 47250 on the **second Thursday** of each month, **6-7:30pm**. For virtual registration or the latest plan call 812-292-1047. The group is open to family members with loved ones living with mental illness.

### **NAMI Connection Support Group**

A free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. We don't have a group in SE IN. Check NAMI IN <https://www.namiindiana.org/programs/support-groups> or NAMI SW OH [NAMI Connection Support Group - NAMI Southwest Ohio - NAMI Southwest Ohio \(namiswoh.org\)](https://www.namiswoh.org)

### **NAMI Family-to-Family Education Program**

A series of 8 weekly classes are structured to help caregivers understand and support individuals with serious mental illnesses. The free course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. Participants gain knowledge, hope and empowerment while learning to maintain their own well-being. You will be comforted in knowing you are not alone. The class is also offered by: NAMI No KY and NAMI SW OH. (also see bottom resource list)

NAMI Indiana <https://www.namiindiana.org/programs/family-education>

NAMI SW OH <https://namiswoh.org/for-families-and-caregivers/nami-family-to-family/>

### **NAMI Peer-to-Peer**

An 8-session educational program for adults living with a mental health condition. Each session is a combination of lecture and interactive exercises and closes with mindfulness practices. Find classes at:

**NAMI IN** <https://www.namiindiana.org/programs/consumer-education>

NAMI SW OH [NAMI Peer-to-Peer - NAMI Southwest Ohio - NAMI Southwest Ohio \(namiswoh.org\)](https://www.namiswoh.org)

### **NAMI Family & Friends Education Program**

This program is a condensed version of the above-described Family-to-Family Program. It is taught by family members who have been trained in both programs. There are 4-hour and a 90-minute options.

<https://www.namiindiana.org/programs/education>

### **NAMI Basics OnDemand**

NAMI Basics is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. To meet increasing demand for more convenient access to education programs, NAMI created an OnDemand version of NAMI Basics, which is offered online and available 24/7. This version is self-paced.

For more information check this flyer [Basics on Demand flyer.pdf](#)

Register today: <https://basics.nami.org>

### **NAMI Homefront On-line**

NAMI Homefront is a free, on-line course for family, caregivers, and friends of military Service Members and Veterans who have symptoms of mental health conditions. Trained family members of service members or veterans living with mental health conditions teach the program.

NAMI [NAMI Homefront](#) | [NAMI: National Alliance on Mental Illness](#)

### **NAMI IN Our Own Voice Program**

In Our Own Voice (IOOV) is a unique public education program, in which two trained speakers living with mental illness share their compelling personal stories with the public. Through these stories, listeners gain understanding as stigma is reduced. Presentations are available to any interested groups.

<https://www.namiindiana.org/programs/lived-experience-presentations>

### **NAMI Ending the Silence**

Students can learn about mental illness directly from family members and individuals living with mental illness themselves. Designed for middle and high school students and typically offered in a freshman/sophomore health, science or psychology class.

<https://www.namiindiana.org/programs/ending-the-silence>

### **NAMI On-Line Discussion Groups**

Choose from countless thread topics. NAMI Discussion Group Policies are adhered to.

<https://www.nami.org/Support-Education/Online-Discussion-Groups>

### **CIT, Crisis Intervention Team**

CIT strives to improve the way law enforcement and the community respond to people experiencing mental health crises. CIT builds strong partnerships between law enforcement, mental health provider agencies and individuals and families affected by mental illness. CIT has been shown to keep officers and those with mental illness safer while saving money for law enforcement. CIT programs typically provide 40 hours of free training for first responders on how to better respond to people experiencing a mental health crisis. CIT of Dearborn and Ohio Counties have been meeting since May, 2014. Representatives of NAMI, Law Enforcement, CMHC and ST. Elizabeth Dearborn meet regularly with other community representatives.

CIT Indiana <https://www.cit-indiana.org/> CIT International <http://www.citinternational.org/>

### **Other NAMI programs**

NAMI SE IN provides educational opportunities through periodic speakers, NAMI Update e-mail newsletters, and plans to develop new NAMI signature programs. We welcome volunteers and new members to help develop these programs. Our annual fundraiser, NAMIWalks is held every May in cooperation with NAMI SW OH. It's a great experience to walk along the Ohio River with hundreds of people who all share the same mission.

### **Learn More at These Websites and Find Other Resources:**

**SE IN Psychiatric Crisis Line** 812-537-1302, 877-849-1248 (CMHC)

**Suicide Prevention Lifeline** 800-273-8255 (talk)

**Crisis Text Line** Text Help to 741741, get live volunteer Crisis Counselor

**CMHC Walk-in/ Open Access M-TH** [http://www.cmhcinc.org/Programs\\_Services.aspx](http://www.cmhcinc.org/Programs_Services.aspx) 812-537-1302

**Choices/CERT** 317-205-8302, emergency response & care to those with substance use disorders

**Substance Use Disorder Support Groups & Resources:** <https://1voicesouteasternindiana.org/>

**Substance Use Resource Updates** If you are aware of changes, please send to [CERT@Choicesccs.org](mailto:CERT@Choicesccs.org).

**NAMI IN** <https://www.namiindiana.org/> 317-925-9399, Helpline and Resources

**NAMI National** <http://www.nami.org/> 703-524-7600, **Helpline** 800-950-NAMI (6264)

**NAMI SW OH** <http://namiswoh.org/> 513-351-3500

**NAMI NO KY** <http://naminky.org/> 513-205-4118