



NAMI
National Alliance on Mental Illness

**Southeast
Indiana**

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.

Aurora NAMI Family Support Group

The Aurora Family Support Group is held the **first Wednesday** of every month, **6:30-8 PM**, at the Aurora Recreation Community Center (ARCC), Activity Rm, 404 Green Blvd. The group is for family members of those living with mental illness. Meetings are open and newcomers are always welcome. For questions, contact Kathy at 812-577-9297 or kathbbarnum52@gmail.com. For other alternatives, check NAMI SW OH and NO KY (see Resource list at bottom) or contact NAMI Indiana <https://www.namiindiana.org/programs/support-groups>

Madison NAMI Family Support Group

The Madison Family Support Group meets face-to-face at The Clearing House, 100 E. 2nd St., Madison, IN 47250 on the **second Thursday** of each month, **6-7:30pm**. For questions 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 for in-person & virtual options:

<https://www.namiindiana.org/programs/support-groups> or check NAMI SW OH and NO KY (see pg. 2 Resources).

Overview video of support groups from NAMI: <https://www.youtube.com/watch?v=Xi6QFK3N7tQ>

NAMI Family-to-Family Education Program

A series of 8 weekly classes is 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. In addition to classes in Indiana, the program is also offered by: NAMI No KY and NAMI SW OH. (see 2nd page Resource list)

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

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> , or NAMI NO KY (see 2nd page resources).

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. Find alternatives at

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

NAMI Ending the Silence

This program is a free mental health education program for middle & high school students available virtually at ets.nami.org. It includes an overview 25-minute video, a library of personal story videos and other resources.

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. Interested volunteers call NAMI IN @317-925-9399.

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. (Also available in-person at other NAMI locations).

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

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 has been meeting since May, 2014. Representatives of NAMI, Law Enforcement, Criminal Justice, CMHC and ST. Elizabeth Dearborn ER 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.

Learn More at These Websites and Find Other Resources:

SE IN 24-hour Psychiatric Crisis Line (CMHC) 812-537-1302, 877-849-1248

CMHC, Community Mental Health Center: Comprehensive Mental Health & Substance Misuse Treatment, Mobile Crisis, appointments & questions 812-537-1302, <https://cmhcinc.org/>

Suicide Prevention Lifeline 800-273-8255 (talk) or 988 for support

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

Safe Passage 812-932-SAFE (7233) <https://safepassageprevention.org/> domestic violence protection & prevention

LGBTQ+ Crisis Hotline 866-488-7386 or text START to 678678

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

Substance Use Disorder Support Groups & Resources: <https://1voicesoutheasternindiana.org/> 812-577-4664

Substance Use Resource Updates If you are aware of changes, please send to 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

Planning for and Responding to a Mental Health Crisis. NAMI Indiana's Downloadable Booklet:

[NAMI IN Mental Health Crisis Planning, 2022](#)

<http://NAMISEIN.COM> NAMISEIN@GMAIL.COM 812-577-9297  www.fb.com/NAMISEIndiana