

# What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has more than 1,100 affiliates in communities across the country who engage in advocacy, research, support and education. Members of NAMI are families, friends and people living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD) panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder.



P.O. Box 1423  
Woodbridge, VA 22195-1423

[www.NAMI-PW.org](http://www.NAMI-PW.org)  
Email: [Info@NAMI-PW.org](mailto:Info@NAMI-PW.org)

703-659-9983

*"NAMI Prince William is a terrific resource for those seeking a better understanding of mental illness," Christine adds. Whether you are a person living with mental illness or someone with a friend or family member who has mental illness, NAMI Prince William provides invaluable resources and education."*



## Who we are



## What we do



[www.NAMI-PW.org](http://www.NAMI-PW.org)

The families and members of NAMI Prince William (NAMI-PW) are here to help! We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness.

Mental illnesses are brain disorders that are biologically-based medical problems. Untreated, they can cause severe disturbances in thinking, feeling and relating. This results in substantially diminished capacity for dealing with the ordinary demands of life. Mental illness can affect persons of any age and occur in any family. They are not caused by bad parenting and not evidence of weakness of character.

## OUR MISSION

To support, educate, and advocate for people with mental illness and their families.



A Family-to-Family Class meets in Woodbridge

## ADVOCATE

Advocate at the county, state and national levels for non-discriminatory access to quality healthcare, housing, education and employment for people with mental illness.

Educate the public about mental illness.

Work to eliminate the stigma of mental illness.

Advocate for increased funding for research into the causes and treatment of mental illness.

*"My involvement began with the NAMI Basics course," said Rose Ann, a mother. "It was invaluable not only to understanding each aspect of mental health and illness, but also in building connections and finding resources. The great experience of NAMI Basics led to attending the NAMI Family Support Group, which continues to be the best network in navigating the challenging world of mental health and illness."*

*"I am so glad that I attended the Family-to-Family course last year," Anna said. "The information was invaluable. After the first class, I started using the strategies that I learned for better communication with my daughter, and I have not stopped referring to my notes ever since."*

## OUR VISION

To foster a society where people with mental illness can develop their human potential.

## EDUCATE AND SUPPORT

NAMI-PW is involved in a number of well-established NAMI programs. Among them are:

- Ending the Silence • Family-to-Family
- NAMI Family Support Groups
- NAMI Connection Recovery Support Groups
- Parents & Teachers as Allies
- Provider Education • Peer-to-Peer
- NAMI Basics • In Our Own Voice



NAMI Prince William holds its "Go Green for Mental Health Walk" in Manassas

NAMI-PW regularly offers speaker programs on mental health topics of interest to members.

*"NAMI has helped me to have a better understanding of my mother's mental illness that I witnessed growing up," Nancy stated. "The Family-to-Family course also helped me see the need for those with mental illness in their families to become better educated so they can understand that it's a disease that has changed their loved ones."*

*"My involvement with the NAMI Family-to-Family course has given me a better understanding of what my daughter was going through from the physiological to the emotional and mental aspects of her illness. As I began to understand more about how mental illness works, I also developed the tools for better communication with my daughter."*

