



nami

National Alliance on Mental Illness

Coastal Virginia

**Chesapeake - Norfolk - Portsmouth
Virginia Beach - Eastern Shore**

**Our mission is to support, educate, and advocate
for those with a mental health condition, as well
as for their family members and friends.**

NAMI...

- is a nonprofit, nationwide
mental health organization**
- offers free education classes
and support groups**
- advocates to erase stigma**



NAMI Llama

- There is no health without
mental health.**
- Mental illness is not a character
flaw or lifestyle choice.**
- Recovery is possible- ask for help.**

**291 Independence Blvd, Suite 542
Virginia Beach, VA 23462
(757) 499-2041
www.namicoastalvirginia.org**

FREE CLASSES AND SUPPORT GROUPS



For Those with a Mental Health Condition

Connection Support Group: peer-led, insight from others, trained leaders with lived experience, multiple weekly locations.

Peer-to-Peer Class: 8 weekly classes, recovery strategies, trained leaders with lived experience.



For Family Members and Friends

Family Support Group: confidential, offering support and understanding.

Family-to-Family Class: 12 classes, education, communication, coping strategies, community resources and advocacy.

Children's Challenging Behaviors Workshop: behavior identification, parental strategies, and educational supports.



For Students and Youth...

Say It Out Loud: a panel of teens who raise awareness by sharing information and encouraging conversation.

Ending the Silence: presentation for middle and high school students led by two presenters, one who is a young adult with a mental health condition.



For Veterans...

Homefront: for families, caregivers, and friends of military members and veterans with mental health conditions.



For Everyone...

In Our Own Voice: presentation by two individuals living successfully with a mental health condition who tell the story of their own struggles and successes.



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**NAMI representatives are available
for presentations and events**