WHY DO WE RAISE FUNDS AND WALK?

The goal of the WALK is to raise both money and awareness in our community to support a world-class treatment and recovery system for people with mental illness.

NAMIWalks

• Increases the knowledge of mental illness, raises awareness of the importance of mental health and provides hope
• Supports the advocacy, education and support programs that NAMI offers
• Brings families together by increasing understanding through education and support

Helps raise funds for NAMI Southern Arizona’s no-cost programs and services:

Family-to-Family/Familia a Familia: An 8 class course for family and friends of individuals with mental illness
NAMI Homefront: A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions
Peer-to-Peer/Persona a Persona: An 8 class course for people with mental illness with a focus on mental health recovery
In Our Own Voice/En Nuestra Propia Voz: A presentation given by individuals with mental illness providing their testimonies
Ending the Silence: An early intervention program that engages students in mental health education and discussion, also available for school professionals, parent and agencies working with children and adolescents
NAMI Basics: A 6 class course that provides support and education to parents and caregivers of a child with a mental illness
Family & Friends Support Groups: Support Group for family members and friends affected by a loved one with mental illness
Connection Support Groups: Support group for those with mental illness
FaithNet: An outreach and education program for faith based communities
Resource Specialists: Provide support and advocacy for family members, professionals and individuals with mental illness

Did you know?

➢ NAMI is the only organization that provides an evidence based program called Family-to-Family in both English and Spanish.
➢ In 1983 NAMI Southern Arizona became the 4th affiliate formed in the country through our national organization.
➢ We offer an extensive library filled with books related to mental illness for use by our members.