

## About NAMI's "Take the Moment" Campaign

This year, NAMI is celebrating Mental Health Awareness Month with the "Take the Moment" campaign. We encourage you to join us in fostering open dialogues, cultivating empathy and understanding. We also urge you to share our resources to support individuals and families on their journey towards mental wellness. Through "Take the Moment," we shine a spotlight on NAMI's array of signature programs including:

**NAMI Basics:** A free, six-session education program for parents, caregivers and other family members who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

**NAMI Family-to-Family:** A free, eight-session educational program for family, significant others and friends of people with mental health conditions.

**NAMI Family & Friends:** A free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them.

**NAMI Homefront:** A free, six-session program for families, caregivers and friends of military members and veterans with mental health conditions. Plus, find free online resources available 24/7.

**NAMI In Our Own Voice:** Free presentations that provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

**NAMI Peer-to-Peer:** A free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

**NAMI Support Groups:** NAMI support groups are free peer-led and offer participants an opportunity to share their experiences and gain support from other attendees

### NAMI Helpline:

The **NAMI Helpline** is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

Call 1-800-950-NAMI (6264), text "Helpline" to 62640 or chat with us at [nami.org/help](https://www.nami.org/help). Available Monday Through Friday, 10 A.M. – 10 P.M., ET.

The **NAMI Teen & Young Adult Helpline** offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources and support.

Call 1-800-950-NAMI (6264), text "Friend" to 62640 or chat with us at [nami.org/talktous](https://www.nami.org/talktous). Available Monday Through Friday, 10 A.M. – 10 P.M., ET.

**Join us, take the moment and let's make a difference together.**



**"This campaign champions the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame."**