



San Diego's Voice on Mental Illness

NAMI San Diego's mission is to support, educate and advocate for mental illness. To this end, we offer a resource helpline, support groups, educational meetings, newsletters, a lending library and a number of classes on mental illness held at various locations throughout San Diego County.

NAMI San Diego Resource Helpline. Help and Support starts here. Provides education, information, and resources to build callers' ability to obtain proper services in San Diego County and cope with life situations.

(619) 543-1434 * (800) 523-5933 * M-F 9 am – 3 pm

Children, Family and Youth (CYF) Liaison. Provides a voice for children, youth and families involved with the County of San Diego Behavior Health Services (BHS). We provide training and advocacy opportunities for parents and parent support partners. Focus groups provide County BHS feedback.

IHOT-In-Home Outreach Team (NAMI San Diego is a partner) Serving the North San Diego County Regions. In partnership with MHS (Mental Health Systems Inc.), the lead organization and UPAC (The Union of Pan Asian Communities) this program provides in home and community support to family members and clients most severely impacted by serious mental illness

Hospital Based Programs

Friends in the Lobby. Regular outreach to families of patients who are visiting relatives in 9 San Diego area behavioral health hospitals. Trained volunteers provide this service. Funded by the County of San Diego (MHSA).

Next Steps. Our Next Steps team provides clients and family members who visit the county Emergency Psychiatric Units (EPU) and designated mental health clinics with onsite support and assistance with resources for successful recovery and reentry into the community.

PeerLINKS. Our PeerLINKS team provides participants and family members who are released from designated hospitals and crisis programs with support and assistance for a period of up to one year.

NAMI Ending The Silence (ETS). Program is devoted to giving school age students an opportunity to learn about mental illness through presentation, discussion, and personal testimony.

NAMI Family-to-Family. An evidenced based Education Course for Families and Friends of individuals over the age of 18 who experience mental illness.

Career Pathways in Behavioral Health Training and Placement Project. This project is designed to increase the number of peer and family support positions (paid & non-paid) in San Diego County.

NAMI In Our Own Voice (IOOV) Speaker Presentation. IOOV is a powerful public speaking program focused on spreading the message of recovery with lived experience. The program provides hope and opportunity to both the audience and the presenters.

NAMI Support Groups. NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.

NAMI Connections Groups. NAMI Connection is a peer-facilitated weekly recovery support group for people over the age of 18 living with mental illness in which people learn from each other's experiences.

NAMI Peer-to-Peer Course. NAMI Peer-to-Peer is a recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges.

NAMI On Campus NAMI On Campus High School (NCHS) Clubs are student-led clubs that raise mental health awareness and reduce stigma on campus through peer led activities and education.

NAMI San Diego Side-by-Side matches individuals 18 years and older with Mental Illness (Peers), with Companions. Matches are able to meet-up and do a variety of activities such as relax at the beach, check out a local museum/local community event, grab lunch, take a walk around the neighborhood, and much more! Meet-ups may provide support, socialization, friendship, connectedness and education.

NAMI San Diego Education and Advocacy Monthly Meetings. Member and public information about mental illness, their treatment, recovery and family and friends' support. Monthly meetings held in San Diego and North County.

Speakers Bureau and Other Specialized Outreach and Training. Individuals with lived experience and family member presentations about mental health issues to fit the needs of the audience.

To learn about our programs in detail please visit our website

www.namisandiego.org

(800) 523-5933 * E-mail: information@namisd.org

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