

NAMI Austin, a 501(c)3 nonprofit organization, is an affiliate of the National Alliance on Mental Illness (NAMI) and NAMI Texas. Founded in 1984, NAMI Austin is celebrating 32 years as a volunteer network of families, mental health consumers and professionals dedicated to improving the lives of all persons affected by serious mental illness through our no-cost education, support and advocacy programs.

NAMI Austin Programs

FREE Classes and Support Groups

- **NAMI Family to Family:** a 12-week course for family caregivers and friends of individuals living with a mental health condition
- **NAMI Peer-to-Peer:** a 10-week recovery and wellness education course for adults with mental illness
- **NAMI Basics:** a 6-week course for parents and other primary caregivers of children and adolescents living with serious behavioral issues or early onset of a mental health condition
- **NAMI Connection:** a recovery and wellness support group for adults with mental health conditions
- **NAMI Family Support Group:** monthly support group for family members and friends of individuals living with a mental illness

Presentations for the Community and Courses for Professionals

- **NAMI Parents and Teachers as Allies:** a 1.5 to 2.5 hour in-service mental health education program for school professionals (2 to 2.5 CEUs available)
- **NAMI Ending the Silence:** a 50-minute presentation designed for middle and high school audiences with the goal of raising awareness and changing perceptions about mental health conditions
- **NAMI In Our Own Voice:** a presentation by individuals living with mental health conditions which serve to educate the public, support the individual's wellness and empowerment while dispelling the stigma of mental illness
- **NAMI Basics for Professionals:** a 6-session course for professionals focusing on the early onset of mental illness and other behavior changes in children and adolescents (15 CEUs available).
- **Sharing Hope/Compartiendo Esperanza:** a 1-hour interactive presentation bringing a message of support and healing in African American and Latino communities
- **Mental Health Awareness, Education and More:** NAMI Austin can modify presentations to meet the needs of your workplace, organization, faith community or community event

Monthly Community Education

These free education events are held on the fourth Monday of each month beginning at 6:30 p.m. The May event is usually the third Monday. No events are held in September, August or December. A variety of speakers and topics related to mental health and wellness are featured.

Advocacy on Behalf of People Living with Mental Illness

NAMI Austin works in collaboration with NAMI Texas other mental health partners and advocates concerned with mental health issues and policies at the local, state and national level.

To inquire about monthly events, sign up for a class, request a presentation or volunteer:

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Office Hours: Monday-Thursday 9:30 am to 4:30 pm | Friday 9:30 am – 1:30 pm