



National Alliance on Mental Illness

Central Texas

What is NAMI?

Mission & Vision

Mission:

Improving lives of ALL individuals affected by mental illness through education and advocacy programs

Vision:

We envision a community that addresses mental illness as a health issue and provides systems, resources and education for all people to achieve recovery





National Alliance on Mental Illness

Central Texas

NAMI Central Texas

Travis, Williamson, Hays, Bastrop, Burnet, Caldwell

Peer & Family Support Groups

Mental Health Education

Adult Support

- ▶ NAMI Connection Recovery Support Group
- ▶ NAMI Peer to Peer Class



Family Support

- ▶ Family Support Group
- ▶ Family to Family
- ▶ NAMI Basics
- ▶ Family & Friends



Community Presentations



- ▶ In Our Own Voice
- ▶ Mental Health 101
- ▶ Mental Health Myths
- ▶ Sharing Hope
- ▶ Bridges to Hope
- ▶ Workplace
- ▶ Schools

Presentations For Schools

Friends on Our
Shoulder (for elementary
school students)

Ending The Silence
(for middle & high school students)

Let's Talk

(for parents)

Parents and
Teachers as Allies:
(for teachers)





MindMatters

Community Talks for Healthy Minds

Mental Health Crisis Resources

In an emergency, immediately call 911.

Local

Crisis Intervention Teams

Travis: 512-854-3430

Austin: 512-854-3450

Bastrop: 512- 549-5100

Burnet: 512-756-8080

Hays: 877-466-0660

San Marcos: 512-392-7151

Williamson: 512-943-3545

24/7 Crisis Hotline

Travis: 512-472-HELP (4357)

Central Texas: 1-800-841-1255

Hays: 1-877-466-0660

National

National Suicide Prevention Lifeline

1-800-273-8255

Text Line & Online Chat

- **Text** Text NAMI to 741-741

- **Chat** Visit imalive.com

NAMI HelpLine

1-800-950-NAMI (6264), M-F, 9 am-5 pm, CST.

For additional resources

Visit namicentraltx.org

Mind Matters & Crisis Services

988 SUICIDE & CRISIS LIFELINE

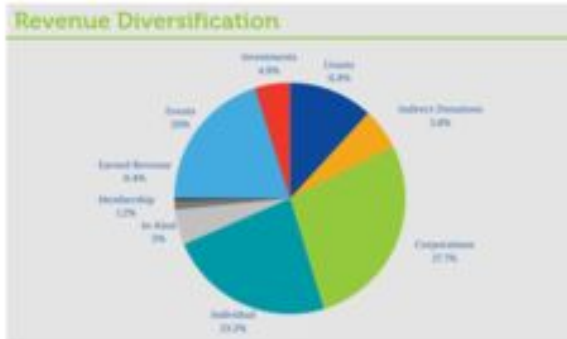
2023 Annual Impact Report



our mission

NAMI Central Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

Impact



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nami

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(512) 420-9810



info@namicentraltx.org



<https://namicentraltx.org>



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