

Who We Are

The National Alliance on Mental Illness (NAMI) of Massachusetts is a nonprofit grassroots organization. At NAMI Massachusetts, we work to improve the quality of life for people living with mental health conditions, their families, and their caregivers.

Learn more about NAMI Massachusetts on our website: www.namimass.org

What We Do

We offer education and support programs across the state, in cooperation with local NAMI affiliates. Our programs are free to participants and are led by people with first-hand experience navigating the mental health system for themselves or a family member.

our programs for people living with mental health conditions

NAMI Connection is a free peer-led support group for people who are concerned about their mental health. NAMI Connection groups offer a safe and confidential setting to talk about your experiences.

NAMI Peer-to-Peer is a free program for people who wish to establish and maintain their wellness. Classes are taught by NAMI-trained leaders with personal experience, and great value is placed on the individual experiences of each person in the class.

For more information: www.namimass.org/peer

our programs for family members, friends, and other caregivers

NAMI Family Support Groups are free groups for family members and other caregivers of people dealing with mental health symptoms. Led by NAMI-trained facilitators who are also family members, they provide understanding, comfort, and hope.

NAMI Family-to-Family is a free educational program for family members and other caregivers of adults dealing with mental health symptoms. The program is designed to help participants understand and support their loved one, while maintaining their own well-being.

NAMI Basics is a free educational program for parents and other family caregivers of children and adolescents with emotional or behavioral issues. Participants learn communication tips, how to problem solve, and the skills to help them cope with the emotional impact of caring for their child.

For more information: www.namimass.org/family

our programs for community members

NAMI In Our Own Voice is a powerful presentation delivered by two trained presenters about their lived experience with a mental health condition, substance use, or trauma. This free presentation aims to change attitudes, assumptions, and stereotypes about living with a mental health condition.

NAMI Mass Sharing Our Stories is a free presentation delivered by two trained speakers who share their personal experiences supporting a family member or loved one with a mental health condition. This impactful presentation explores the unique experiences of family members and caregivers.

NAMI Sharing Your Story with Law Enforcement is a presentation by two trained speakers with lived experience navigating the mental health system for themselves or a family member, who share their stories to help police officers respond effectively and compassionately to people in crisis.

NAMI Ending the Silence is a mental health awareness presentation for middle and high school students, with a message of hope and encouraging students to reduce stigma around mental health.

NAMI Mass Allies for Student Mental Health is a fee-for-service, professional development program for PreK-12 educators. By hearing from a panel of four trained speakers - clinical, educator, parent, and young adult - participants learn how to work as allies to identify and understand the effects of mental health conditions and trauma on students' academic success and overall well-being.

For more information: www.namimass.org/community

our information & referral line

The Compass Helpline provides information, ideas, resources, and support to help people navigate the mental health system and related systems of care. Compass is staffed by people who have first-hand experience navigating systems, and anyone is welcome to reach out. The helpline team can also provide presentations on a variety of resource topics for all audiences.

For more information: www.namimass.org/compass

youth initiatives

NAMI On Campus clubs are student-led, student-run groups that work to end the stigma surrounding mental health. NAMI On Campus operates at both college and high school levels. Clubs hold creative meetings, put on innovative awareness events, and offer signature NAMI programs through partnerships with NAMI Massachusetts or their local affiliate.

For more information: <https://namimass.org/get-involved/nami-massachusetts-on-campus/>

NAMI Mass NEXTGEN Youth Advisory Council aims to represent diverse voices of young adults (18-25) across the state, ensuring that their voices ideas are integrated into the same policies, programs, and services that directly affect them. NEXTGEN provides a leadership platform, training opportunities, supports creative projects, and fosters a strong community of like-minded advocates.

For more information: <https://namimass.org/get-involved/nami-massachusetts-nextgen-youth-advisory-council/>

How We Advocate

NAMI Massachusetts sets an advocacy platform each year that directly reflects our members' experiences and the real-world issues they are facing. We participate in statewide advocacy networks and initiatives, and keep our members updated on advocacy opportunities.

our advocacy related initiatives

NAMI Mass Criminal Justice Diversion Project aims to prevent the unnecessary arrest and detention of people living with mental health conditions.

NAMI Smarts for Advocacy is a skill-building training that helps people impacted by mental health conditions turn their passion and lived experience into skillful grassroots advocacy

Our Events

We host several events each year, open to all NAMI Massachusetts members and allies:

NAMIWalks Massachusetts, our largest event, is a day filled with hope and community spirit, bringing together people of all ages and backgrounds to promote mental health awareness

During Advocacy Day, NAMI Massachusetts members gather to meet with legislators and promote the issues that matter most to our community

Our Impact Summit is a special event dedicated to celebrating our generous donors and their vital role in supporting our mission and work