



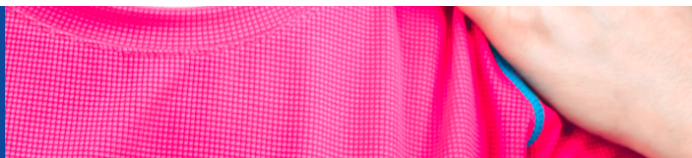
National Alliance on Mental Illness

New Hampshire

*Offering free **support, education,**
and **advocacy** for Granite Staters,
and their loved ones, affected
by mental illness and suicide.*



Find Help, Find Hope.
#StigmaFreeInThe603



FREE SERVICES

SUPPORT

- **In-Person/Virtual Support Groups**
 - Individuals Living with Mental Illness
 - Families/Friends
 - Parents/Caregivers
 - Survivors of Suicide Loss
 - First Episode Psychosis/Early Serious Mental Illness
- **Online Support Groups**
 - Caregivers of Children & Adolescents with Social/Emotional Challenges
 - Family & Friends of Adult Loved Ones with Mental Illness
 - First Episode Psychosis/Early Serious Mental Illness
- **NAMI NH Info & Resource Line:** 1-800-242-6264 (press 4) or info@NAMINH.org
- **One-on-One Support** to connect individuals and families with information and community resources.
- **Support for Survivors of Suicide Loss:** 1:1 support

EDUCATION PROGRAMS

- NAMI Basics
- Family-to-Family
- Peer-to-Peer
- Side-by-Side
- *Connect* Suicide Prevention*

** Suicide prevention and postvention training is conducted nationwide by NAMI NH's Connect Program – a free 1.5-hr suicide prevention program is regularly offered in New Hampshire.*

ADVOCACY

- **Training**
 - It's Your Move Advocacy Training
- **Speakers Bureaus**
 - In Our Own Voice
 - Life Interrupted
 - SurvivorVoices
- **NAMIWalks NH** – the Granite State's largest mental health awareness and suicide prevention event.

For more information about NAMI NH's programs and supports, visit www.NAMINH.org or call **1-800-242-6264 (press 4)**.