



nami | **Kansas**
National Alliance on Mental Illness

Local NAMI Affiliates & Support Groups in Kansas

PO Box 675 • Topeka, KS 66601
785-233-0755 • 785-233-4804 (FAX) • 800-539-2660
info@namikansas.org • www.namikansas.org

NAMI Southeast Kansas • Contact: Dan McNalley • 620-240-3740 • seknam@gmail.com • 

- Unless otherwise noted, all meetings are held at Presbyterian Church • 520 N. Pine • Pittsburg • For office hours and free class schedule call 620-240-3740
- Monthly meeting • 2nd Monday • 6:30 pm
- FAMILY SUPPORT GROUP • 2nd Monday • 7:30 pm
- NAMI CONNECTION RECOVERY SUPPORT GROUP • 2nd Monday • 7:30-8:30 pm and Last Thursday • 6:30-8:00 pm [meetings subject to change if date falls on a holiday]
- Parsons Support Group • 2nd Thursday • 5:30 pm • Labette Center for Mental Health Services • 1730 Belmont Avenue • Parsons

Southwest Kansas Support Group (Garden City) • Contact: 800-539-2660 • info@namikansas.org

NAMI Topeka • Contact: Neil Buono • 785-580-3021 • namitopeka@yahoo.com • www.namitopeka.org



- Monthly program meeting followed by Care & Share Support Group sponsored jointly with the Depression and Bipolar Support Alliance • 3rd Wednesday • 6:00 – 8:00 pm • Valeo Behavioral Healthcare • 330 SW Oakley [enter through west door, meeting on lower level]
- “Coffee Club” • 4th Tuesday • 7:00-9:00 pm • Classic Bean • 21st and Fairlawn • Topeka
- Care & Share Support Group co-sponsored with the Depression & Bipolar Support Alliance
 - o 2nd & 4th Mondays • 2:00 – 3:00 pm • Topeka & Shawnee County Library • 1515 SW 10th Ave • 2nd Floor Meeting Room
 - o 1st Wednesday • 6:00 pm • Valeo Behavioral Healthcare • 330 SW Oakley • Basement level
- HOARDING SUPPORT GROUP • Contact 785-580-3021 for more information.

NAMI Wichita • Contact Tony Nutz • 316-686-1373 • info@namiwichita.org • www.namiwichita.org • 

- Unless otherwise noted, all meetings are located at: The First Presbyterian Church • 525 N. Broadway • Wichita [enter from the parking lot on the west side of the church just off Market St]
- Educational Program and Affiliate Meeting • 1st Tuesday • 7:00 pm •
- “Ask the Doctor” • 3rd Tuesday • 6:00-7:00 pm (Social Time 7:00-7:15 pm)
- Family Support Meeting • 3rd Tuesday • 7:15 pm
- NAMI CONNECTION RECOVERY SUPPORT GROUP • 3rd Tuesday • 7:15 pm
- Joint Share and Care Support Group for Family Members and Persons Living with Mental Illness • 4th Tuesday • 6:30 to 8:30 pm • College Hill United Methodist Church • 2930 E First St. • Wichita [enter from the parking lot behind the church on the North side]
- THIS LIFE SUPPORT GROUP (for parents and caregivers of children with mental illness) • 2nd & 4th Mondays • 6:30-7:30 pm • West Heights United Methodist Church, Southeast Entrance, 745 N. Westlink • 316-253-8038 • namibasics@namiwichita.org
- **NAMI On Campus at Wichita State University** • Contact the Executive Team at wsunamioncampus@gmail.com

NAMI Johnson County • Contact: Sharon Manson • 913-210-0630 • namijoco@gmail.com •
<http://www.namijoco.org/> •  • 

Unless otherwise noted, all meetings are at 7:00 pm and located at Nall Avenue Church of the Nazarene
▪ 6301 Nall Avenue • Prairie Village

- Monthly meeting and educational program • 1st Tuesday
- NAMI CONNECTION RECOVERY SUPPORT GROUP: 2nd & 4th Tuesdays
- Family Support Group meetings • 2nd & 4th Tuesdays

NAMI Kansas City KS • Contact: NAMI KCK • 800-539-2660 • brenda2adams@yahoo.com

- Monthly meeting and Support Group • 2nd Monday • 7:30 pm • Trinity Methodist Church • 5010 Parallel Parkway • Kansas City

NAMI Mid-Kansas (Newton) • Contact: Barbara Gibson • 316-651-6027 • midkansasnami@gmail.com

- Monthly meeting and Support Group • 3rd Thursday • 7:00 pm • First Mennonite Church • 429 E. 1st Street • Newton • Enter south door by playground and go upstairs to Room 224
- **NAMI On Campus at Bethel College** • Rachel Messer • rmosser@bethelks.edu

NAMI Northeast Kansas/Leavenworth • Contact: Dea VanDeBerghe • 913-683-4571 •

namilvn@yahoo.com • <http://www.naminekl.com/> •  • Unless otherwise noted, *all meetings are located at: 1013 Potawatomie • Leavenworth*

- Educational program meeting • Last Tuesday • 6:30 pm • Followed by support groups
- General meeting (includes light meal) • 2nd Tuesday • 6:30 pm • Followed by support groups
- FAMILY SUPPORT GROUPS:
 - 2nd & Last Tuesday • 6:30 pm
 - For Family Members of Veterans & Military Service Members: 3rd Wednesday • 6:30 pm • Contact: Robert Markovetz • 913-683-4571 • namilvn@yahoo.com
- NAMI CONNECTION RECOVERY SUPPORT GROUP: 2nd and last Tuesday • 6:30 pm
- SUPPORT GROUPS FOR VETERANS AND MILITARY SERVICE MEMBERS
 - 1st Wednesday • 6:30 pm • Contact: Robert Markovetz • 913-683-4571 • namilvn@yahoo.com

Norton County Support Group • Contact: Jenda Jones • 785-877-0329 • naminorton@gmail.com

- NAMI Connection Recovery Support Group, 1st Wednesday at 7:00 pm
- NAMI Family Support Group, 2nd Wednesday at 7:00 pm
Both are held at First United Methodist Church, 805 West Wilberforce, Norton (Enter bell tower door)

NAMI Reno County, KS • Contact: Louise McIntire • namireno@gmail.com • 620-869-1770 • 

- Support Group • 2nd Thursday • 7:00-8:00 pm • Hutchinson Public Library (Upstairs) • 901 N., Main • Hutchinson



nami

National Alliance on Mental Illness

Kansas

LOCAL GROUP CONTACT INFORMATION

Updated 8/7/18 – Please call to confirm all meetings

NAMI Affiliates & Support Groups

NAMI Butler County • Contact: Sandy Dewitt (316-621-1858) or Gina Brewer (316-617-4544) • namibutler@gmail.com

- Monthly meeting and Support Group • 1st Thursday • 7:00-9:00 pm • Journey to Recovery • 127 E. 6th • El Dorado •

NAMI Central Kansas (Salina) • Contact: Ann McWilliams • namicentralks@gmail.com • 785-342-3363 •

- Monthly meeting and Support Group • 2nd Tuesday • 7:00 – 8:30 pm • Ashby House • 142 S. 7th Street • Salina

NAMI Douglas County • Contact: Judy Sweets • 785-842-7271 • nami.dgco@gmail.com •

- Support Group meetings sponsored jointly with the Depression & Bipolar Support Alliance • Every Wednesday • 6:00 - 7:30 pm • Plymouth Congregational Church • 10th & Vermont Street • Lawrence • Enter the building at the north entrance on Vermont Street at the accessibility ramp. A sign will be on the door with directions.
- Mental Health Coffee Hour • Every Saturday from 1:00 to 2:00 pm • Aimee's Coffeehouse • 1025 Massachusetts Street • Lawrence – An informal meeting for fun and relaxation – Weather permitting the group moves to South Park

Both meetings are open to individuals with mental illness and family members. For information, call Annie Neri (785-218-8848) or Bill Wood (785-840-5889)

NAMI Flint Hills (Manhattan) • Contact: Julie Magee • 785-213-9870 • namiflinthills@yahoo.com

- Monthly meeting and Support Group • 2nd Wednesday • 7:00 pm • Pawnee Mental Health Services • 2001 Claflin Road • Manhattan
- NAMI CONNECTION RECOVERY SUPPORT GROUP: Every Tuesday • 3:45-5:00 pm • Morning Star Inc. • 1018 Poyntz Ave • Manhattan • Contact Christine Thompson: 785-840-8201

NAMI Hays • Contact: Ann Leiker • 785-259-6859 • namihays@gmail.com •

- 1st Monday • Center for Life Experiences • First Presbyterian Church • 2900 Hall Street • Hays • 6:00 pm – NAMI CONNECTION RECOVERY SUPPORT GROUP & Family Support Group • 7:15 pm – Monthly Educational Meeting
- **NAMI On Campus at Fort Hays State University** • Contact NAMI Hays for more information

Say It Out Loud

Mental Health Conditions: The Facts

Mental health conditions are all around us and among us. By knowing more about them, we can encourage each other to speak up and build better lives.

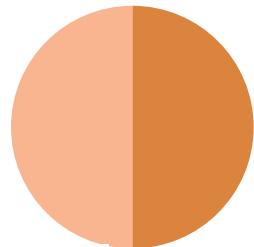


One in five teens lives with a mental health condition.

50% of mental health conditions emerge by age 14 and 75% by age 24.



A high percentage of high school students living with mental health conditions drop out of school.



Suicide is the third leading cause of death for youth and young adults.

3rd

1/2

Less than half of youth with mental health conditions receive treatment.

For more information on mental health conditions, visit www.nami.org.

Say It Out Loud

The 10 Common Warning Signs of a Mental Health Condition

If you see these warning signs in yourself or a friend, take them seriously.

Share your concerns with someone you trust and ask how you can help. Support is available and you are not alone.

- Feeling very sad or withdrawn for more than 2 weeks (*e.g.*, crying regularly, feeling fatigued, feeling unmotivated)
- Seriously trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- Severe mood swings that cause problems in relationships
- Repeated use of drugs or alcohol
- Drastic changes in behavior, personality or sleeping habits (*e.g.* waking up early and acting agitated)
- Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes

Citation: Jensen, Peter, et. al. (October 24, 2011). *Overlooked and Underserved: 'Action Signs' for Identifying Children with Unmet Mental Health Needs*. *Pediatrics*.aappublications.org/content/early/2011/10/21/peds. 2009-0367. August 14, 2014.

Say It Out Loud

Inspired by what you've heard today? Here are some easy ways to raise awareness that can make a huge difference for you and those around you.

Taking it to the Next Level

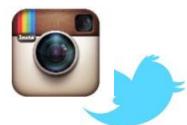
Raise awareness on your own or with friends:

- Have a conversation with friends and family about the 10 common warning signs of mental health conditions.
- If you hear someone joking or making fun of mental illness, tell them it's not okay.
- Start a book or film club with your friends that focuses on stories about mental health conditions. Try *Homeroom Diaries* by James Patterson.



Raise awareness in your school or community:

- Start a social media campaign by posting positive mental health messages to Twitter and Instagram. Use #sayitoutloud!
- Hang posters and positive mental health signs around your school and community spaces  to let others know that they are not alone.
- Work with a NAMI Affiliate or  NAMI State Organization to bring NAMI Ending the Silence to your school or community organization to inform others about mental health.
- Join a NAMI Walk in your community to show your support and that mental health matters.



For more information about raising awareness and getting involved, visit www.nami.org.

Say It Out Loud

If you see these warning signs in yourself or a friend, take action. Share your concerns with a trusted adult. Support is available and you are not alone. Early action helps to keep lives on track.

Early Warning Signs of Psychosis

- Seeing, hearing or believing things that are not real (e.g. hearing voices or seeing someone who is not really there)
- Suspiciousness or extreme uneasiness with others
- Believing that external forces are controlling your thoughts, feelings or behavior
- Thinking you have special powers or are on a special mission from a higher power
- Strong and inappropriate emotions or having no emotions at all
- Spending much more time alone, a lack of interest in activities you previously enjoyed
- A significant and sudden decline in caring for yourself
- Difficulty thinking clearly, expressing yourself or concentrating

Psychosis may occur because of a mental or other physical illness, substance use, trauma or extreme stress. If you experience any of these signs, talk with a trusted adult. There is tremendous promise in addressing psychosis early. For more information on psychosis and mental health conditions, visit www.nami.org.

Say It Out Loud

Discussion Group Facilitation Guide

OK2TALK.ORG

#sayitoutloud





National Alliance on Mental Illness

Say it Out Loud—Discussion Group Guide

© 2014 by NAMI, the National Alliance on Mental Illness

Written by Darcy Gruttadaro and Emily Cepla

Designed by Emily Cepla

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NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

National Alliance on Mental Illness (NAMI)

3803 N. Fairfax Dr., Suite 100

Arlington, VA 22203

NAMI Helpline: 1 (800) 950-NAMI (6264)

Twitter: NAMICommunicate

Facebook: www.facebook.com/NAMI

www.nami.org

www.StrengthofUs.org

Overview

Thank you for taking the first step in raising mental health awareness with the youth that you work with. Your commitment to starting a dialogue about mental health makes a difference as we raise awareness and make it okay to talk about.

This guide will provide you with everything you need to lead a successful group discussion with the youth group!

Who are We?

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all those in need. To learn more about NAMI, visit www.nami.org.

Background Information

Mental health issues are common among youth. 50 percent of lifetime cases of mental health conditions begin by age 14, with 75 percent emerging by age 24. 1 in 5 teens will experience a mental health issue at some point in their lives. Yet, more than half of youth experiencing a mental health condition are not getting services or supports. Concern about negative perceptions and fear are major factors in youth not seeking help.

Raising awareness by sharing information and starting conversations about mental health are key in reducing these perceptions and increasing the likelihood that teens will seek mental health services and supports when they need it. This guide and the facilitated presentation with it include everything you need to fully prepare for leading a discussion with teens about mental health.

For this project, targeted for 14-18 year olds, we worked with a film maker in developing a short film, which runs about 5 minutes, that features the 10 common warning signs of mental health conditions and three youth talking about living with a mental health condition and why it is important to talk about it. The film is a terrific way to jump start a conversation with teens and, if they are experiencing a mental health condition or see the signs in a friend, to encourage them to not be afraid to talk about it and to **Say it Out Loud**.

Getting Started

Where Should I Start?

This guide walks you through the steps for leading a successful discussion with youth about mental health. The USB drive that you received contains everything you need for a successful discussion, including the following:

- An informational presentation with more detailed background information about mental health conditions in youth.
- This guide that provides recommendations on leading the group discussion and discussion questions to break the ice.
- A short film to share with youth to get a conversation about mental health started.
- Fact sheets to share with youth and others who may be interested.

Let's get started! Watch our educational presentation titled *Presentation for Adults* to get prepared for your discussion group and then come back to this guide for the next steps.

Preparing for Discussion

Before leading the *Say it Out Loud* youth discussion group, here are things you can do to prepare and to help ensure that it is a success:

- Read this guide in its entirety. It gives you everything you need to know to be prepared.
- Have a conversation with your organization about the discussion you will be having. Determine next steps if youth seek help or support.
- Review the resource sheet attached to this guide. The resources listed provide valuable information to youth and their families about services and supports available in the community.
- Set the discussion agenda. Your youth group discussion should be no more than an hour and an agenda helps you to stay on time and topic. A sample agenda is included at the end of this guide.
- Print the sheet of celebrities living with mental health conditions found at the end of the guide. This will be helpful for your group discussion.
- View the short film designed to get the conversation started with teens. Have the film loaded onto a computer or TV that you will be using for the group discussion. The film can be found on the USB drive. Test your connection and equipment before you hold the group discussion to be sure that everything goes smoothly on the day of your discussion.

Facilitating Discussion Groups

Now that you've watched the presentation and the film and have everything ready, it's time to lead the youth in a facilitated discussion. Although we went through some of these tips in the presentation, it helps to have the tips in front of you during the discussion.

Remember to always treat the youth in the discussion with respect. Listen to what they have to say. For some, this may be the first time they have talked about mental health and it may be a bit awkward for them. That's okay. They are likely stepping out of their comfort zones, which is not always easy.

Discussion ground rules. Before showing the short film, lay some ground rules. We suggest the following:

- Everyone gets a chance to talk.
- Do not talk over each other—only one person can talk at a time.
- Personal attacks, making fun of comments shared by others or negative comments are not allowed.
- This is a safe place to share information, but there are certain things that should not and will not be kept secret including information about serious self-harm. If this comes up, we will have an immediate private conversation and it will require me to involve another safe adult to protect you.

Say it Out Loud Short Film

At this point, you should show the **Say it Out Loud** film with the ten common warning signs of mental health conditions and why speaking up is important. You can access the film on the USB drive. You should have this already loaded on the computer that you are using during the discussion so that you can play the film after your short introduction and sharing of the ground rules.

The film consists of two parts:

- First is a short visual depiction of the ten common warning signs of a mental health condition. This part of the film shows youth what the warning signs might actually look like in someone experiencing them.
- The second part features three youth talking about their personal experiences living with mental health conditions—what it felt like, how they got help and why it's important to speak up about them.

Introduce the film by telling the youth what they are going to see and reminding them that there will be a discussion afterwards. You could say something like:

Thanks for being here today. I'm really excited to talk to you about mental health and why it's important. Before we start our conversation, I'm going to show you this short film about the ten common warning signs of a mental health condition and why speaking up about experiencing these signs is important. The warning signs may seem a little heavy, but what you are going to see is the reality for many people living with mental health conditions. You'll also see three youth who have experienced these signs and now lead happy, successful lives.

Discussion Questions

After you have shown the film, you can open a discussion with the group. Below is a list of discussion questions that will help get the conversation going. Feel free to use all or some of these or to come up with your own questions.

1. What are your general reactions to what you just saw?
2. What did you think about the warning signs? Were there any that surprised you?
3. What would be your response to seeing these signs in a friend or family member?
4. Do you think that helping someone experiencing these signs can help both of you?
How?
5. How can we make it easier to talk about mental health?
6. What information do you think is important for adults to know about youth who may be experiencing a mental health condition?
7. How can we get more youth involved in talking about mental health?
8. Can you name anyone famous—like celebrities, athletes, historical figures—who live with mental health conditions?
 - a. After they answer, hold up attached picture of celebrities to show them that the number is higher than they might think.

Thank the youth for participating in this discussion and ask if there are any final thoughts. Pass out the fact sheets included on the USB drive along with the resource sheet if you made one. Assure them that you and other trusted adults in your organization are there if they need to talk and that help is available if they or someone they know is experiencing the signs of a mental health condition.

Tip: It may take a while for the youth to warm up to the idea of talking about mental health. Do not be discouraged if you do not have full participation during your discussion. The youth are listening and are gaining valuable knowledge whether they participate or not.

After the Discussion

Congratulations!

You have just done your part to raise awareness about mental health conditions and inform youth about the options available to them should they need it. You have made a difference in the lives of the youth affiliated with your organization and should feel good about your contribution. Congratulations on a job well done!

One-on-One Conversations about Mental Health Conditions, Drug and Alcohol Use or Suicide

You may find that after the facilitated discussion, one or more of the youth want to talk to you. Whether they approached you individually or you noticed a teen in the discussion that seemed exceptionally uncomfortable or you just got a feeling about, consider engaging that youth in a private conversation.

Remember, if a youth is coming to you, it means that they trust you and value your opinion. Be sure to listen to what the youth has to say and reaffirm his or her feelings. Let them know that you are there to help and to connect them with services and supports in their community

Use one of the following plans to determine the proper steps to take to manage the situation:

If you've talked to the teen and he or she is experiencing signs of a mental health condition:

1. Remind the youth that you are there for them and are happy to help.
2. Inform the youth that there is help available—therapists, psychiatrists and pediatricians are all there to help them feel better.
3. Have the child identify one safe adult that you can reach out to. If they are hesitant, say “I know you’re unsure, but trust me. It’s the right thing to do at this time. It can really help.” It is important to get another adult involved as early on in the process as possible and there are professionals out there that understand what you are going through and how best to help. Ask the teen if you can share the information with their parent or caregiver. If they say no, then ask for another trusted adult who can help, perhaps another adult family member, a teacher, a coach or someone else. Let them know it is important to seek help because without help the condition can get worse.

4. Reach out to the safe adult identified by the teen and share what you've heard and offer suggestions on where to turn—a therapist in the community, pediatrician, school counselor, etc. The resource sheet that you developed with your organization will help with this.

5. Offer the teen support. Remind them that they are not alone and that help is available.

If a teen shares that he or she is experiencing suicidal thoughts or behaviors:

1. **Take any talk of suicide seriously.** If a teen approaches you and shares suicidal thoughts, let the teen know that you are glad they have shared this information and reassure him or her that you can help and he or she is not alone.
2. **Provide reassurance.** Let the teen know that there is help available and that you and others care and want to help.
3. **Use your judgment.** If the teen has suicidal thoughts, a specific suicide plan and seems intent on ending his or her life, get help immediately by calling 911 or the National Suicide Lifeline at (800) 273-TALK (8255).
4. **Contact a parent or other trusted adult.** If a teen shares suicidal thoughts with you, let him or her know that you cannot keep that a secret and that you need to contact a parent or trusted adult and ask who you should reach out to. Wait with the teen until the trusted adult arrives. Do not leave a teen who may be suicidal alone.
5. **Share the resource sheet.** When the trusted adult arrives, share the resource sheet and recommend that they immediately seek mental health care for the teen.
6. **Share information about the encounter with others and document it.** Let others within your organization know that you had that conversation with a member of the youth group and document how you handled it.

You may also want to work with your organization to determine protocol in these types of situations before you begin your discussion. It is possible that a system is already in place to address these issues and that you can follow the determined steps.

Remember, if anyone is in imminent danger of harm, call 911.

For a teen perspective on suicide and how to talk to a teen who may be suicidal, watch this excellent three minute clip from the Mayo Clinic: <https://www.youtube.com/watch?v=3BByqa7bhto>.

Tip: Always trust your gut. If you have a strong feeling telling you to respond in a certain way to the situation, do it. You have the knowledge and awareness to make the right decision. Trust yourself.

More Information

NAMI is an important resource for your organization. NAMI has online resources and information so please visit our [website](#) to learn about how you can get involved with NAMI in your community or to find out more about mental health conditions and supporting youth. You can connect with NAMI in your community by visiting www.nami.org/local.

NAMI has many programs to educate and support school personnel, families and youth. For more information about NAMI's education programs please visit our [Education, Training and Peer Support Center](#).

Here is a listing of some of the NAMI programs that may be in your community:

NAMI Ending the Silence is an educational presentation for high school students designed to teach them about the signs of a mental health condition, how to help a friend and more.

NAMI Parents and Teachers as Allies helps school professionals identify the warning signs of a mental health condition and provides tips for connecting students to supports in the community.

NAMI Basics is designed for parents and caregivers of children and teen with a mental health condition and helps to identify strategies for caring for a loved one.

NAMI Family-to-Family provides mental health education and strategies for caregivers and families with loved ones living with a mental health condition. The focus of this program is primarily adults.

NAMI Homefront helps families of service members understand their loved one's mental health condition and adjust to the differences at home.

There are many other advantages to connecting to NAMI in your community, including the following:

- Many NAMI organizations operate information and referral lines;
- Many NAMI organizations hold an annual NAMI Walk in the community;
- NAMI organizations provide support groups for families and many also hold groups for youth;
- Many NAMI organizations have other programs targeting teens, siblings and families of children and youth living with a mental health condition; and
- NAMI organizations are resourceful and may be able to help guide you or families that you work with to the mental health services and supports needed.

Thank you!

You may not know it, but simply by having an open, honest dialogue about mental health with the youth connected with your organization, you have made a huge difference in the lives of these youth. Your commitment to raising awareness helps teens to know that they are not alone. Thank you for your support and your willingness to ***Say it Out Loud.***

Resource List

Connect with NAMI in Your Community

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health issues. NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteers, working in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

NAMI is made up of youth and adults living with mental health conditions and their families. Your local NAMI can be a source of information, programs and support designed for youth and their families. You can find your local NAMI at www.nami.org/local.

Find a Mental Health Professional in Your Community

The following sources can help you find mental health professionals in your community:

- **NAMI State Organizations and NAMI Affiliates** – Speaking with NAMI can be an important way to exchange information about mental health professionals in your local community.
- **The Substance Abuse and Mental Health Services Administration (SAMHSA)** – SAMHSA has an online database of mental health professionals. Visit findtreatment.samhsa.gov.
- **Ask your doctor's office or health clinic** - A primary care physician, pediatrician or professional in a health clinic in your community can be a referral resource for a mental health specialist or therapist in your area.
- **Health Insurance Provider** – If you have health insurance coverage, contact your insurance company for a list of mental health care providers included in your insurance plan.
- **American Academy of Child & Adolescent Psychiatry (AACAP)** – The AACAP website includes the *Child & Adolescent Psychiatrist Finder* so that you can search for a child and adolescent psychiatrist in your city and state. Visit www.aacap.org.
- **National Association of Social Workers (NASW)** – NASW has an online directory of clinical social workers. Visit www.socialworkers.org and click on Resources.
- **American Psychological Association (APA)** – The APA can refer you to local psychologists. On the APA website, visit the psychology health center and on the left side of the webpage, click on *Find a Psychologist*. Visit www.apa.org.
- **High School Counselors** – The high school counselors may also be able to refer you to a mental health professional in your community.

Remember that you are not alone. Mental health conditions impact millions of Americans and help is available in your community. You can help to keep your life on track by connecting with services and supports in your community.

Sample Agenda

Purpose of Discussion and Ground Rules—5 minutes

Thanks for being here today. I'm really excited to talk to you about mental health and why it's important. Before we start our conversation, I'm going to show you this short film about the ten common warning signs of a mental health condition and why speaking up about experiencing these signs is important. The warning signs may seem a little heavy, but what you are going to see is the reality for many people living with mental health conditions. You'll also see three youth who have experienced these signs and now lead happy, successful lives.

- Everyone gets a chance to talk.
- Do not talk over each other—only one person can talk at a time.
- Personal attacks, making fun of comments shared by others or negative comments are not allowed.
- This is a safe place to share information, but there are certain things that should not and will not be kept secret including information about serious self-harm. If this comes up, we will have an immediate private conversation and it will require me to involve another safe adult to protect you.

Short Film—8 minutes

Discussion—45 minutes

1. What are your general reactions to what you just saw?
2. What did you think about the warning signs? Were there any that surprised you?
3. What would be your response to seeing these signs in a friend or family member?
4. Do you think that helping someone experiencing these signs can help both of you? How?
5. How can we make it easier to talk about mental health?
6. What information do you think is important for adults to know about youth who may be experiencing a mental health condition?
7. How can we get more youth involved in talking about mental health?
8. Can you name anyone famous—like celebrities, athletes, historical figures—who live with mental health conditions?
 - a. After they answer, hold up attached picture of celebrities to show them that the number is higher than they might think.

Wrap Up—2 minutes

Thank you so much for participating today. Please do not hesitate to talk with me if you have any questions. Remember that you are not alone and help is available if you only Say it Out Loud.



Say it Out Loud.