



## Local Affiliate Groups of NAMI South Dakota

NAMI Aberdeen | NAMI Brookings  
NAMI Huron | NAMI Northern Hills  
NAMI Pierre | NAMI Rapid City  
NAMI Sioux Falls | NAMI Watertown  
NAMI Yankton

## NAMI Signature Programs

### **NAMI Family-to-Family**

A free 12-week education course for family caregivers of individuals with severe mental illnesses

### **NAMI Family Support Group**

A free support group for family members of people living with mental illness

### **NAMI Connection**

A free support group for people living with mental illness, offering group wisdom, coping strategies, encouragement and understanding

### **NAMI In Our Own Voice**

A free public presentation by individuals living in recovery from mental illness

### **NAMI Basics**

A free 6-week education course for parents and caregivers of children and adolescents with mental illness

### **NAMI Ending The Silence**

An interactive presentation of mental health education for students, teachers, and parents.

## Ways to Get Involved

- Become a team captain for NAMI Walks
- Host an In Our Own Voice presentation at your work, church or civic group
- Volunteer to lead a group or class
- Help out at our conference or Walk
- DONATE to NAMI South Dakota



## South Dakota

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National Alliance on Mental Illness

# South Dakota

*You are Not Alone*

[namisouthdakota.org](http://namisouthdakota.org)



*"We all know somebody — a family member, a friend, a neighbor — who has struggled or will struggle with mental health issues at some point in their lives."  
— Barack Obama*

## NAMI South Dakota

*The mission of NAMI South Dakota is to provide education, support and advocacy for individuals and families impacted by mental illnesses.*

The goals of the organization are to build strong local affiliates throughout the state of South Dakota by training and equipping volunteers and community leaders to take action and deliver peer-led mental health supports. NAMI South Dakota endeavors to offer practical support, education and understanding to individuals and families.



## Other Programs and Services We Offer

### **Crisis Intervention Training**

NAMI South Dakota works with law enforcement agencies across the state to implement CIT as a tool for responding to people experiencing a mental health crisis. [www.nami.org/cit](http://www.nami.org/cit)

### **NAMI South Dakota Consumer Council**

The Consumer Council, made up of NAMI SD members who have had a mental illness, is an advisory group to the NAMI South Dakota Board of Directors.

**NAMI South Dakota is an outreach** partner with the National Institute of Mental Health. [www.nimh.nih.gov](http://www.nimh.nih.gov)

[namisouthdakota.org](http://namisouthdakota.org)