NAMI Main Line PA
National Alliance on Mental Illness
Serving all of Delaware County and Lower Merion Township

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2025 Programs and Services

INFORMATION AND SUPPORT

Education Courses

Family-to-Family (F2F)

An 8-week education program for family members of people who have mental illness that educates and supports and teaches coping skills.

"The course gave me hope that it will be okay, that I am not alone and reduced a lot of shame, guilt and hopelessness."

NAMI Basics

NAMI Basics is a 6-week education program for parents, caregivers and other family members with children or adolescents who are experiencing mental health symptoms.

"I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

Peer-to-Peer (P2P)

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

"I learned how to speak up for myself, build a strong support network and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood."

Forums and Workshops

- "Mental Health First Aid"
- "Mental Health Summit for Youth"
- "Pathways to Hope Conference"
- "Ask the Experts"

"There is always someone who can support you. You are not alone."

Support Groups

- Bryn Mawr Family Member Support Group for family members
- Havertown NAMI Family Support Group for family members
- Media Family Member Support Group
- Parent Peer Support Group
- NAMI Connection Recovery Support Group
- Wellness Chats for Family-to-Family graduates

Outreach - to help families with children and adolescents with mental health concerns
Warm Line -Information and support in response to frequent e-mail and telephone requests

"There is no substitute for being with peers who understand the struggles of living with those with mental illnesses. I wish everyone who is in that situation is able to find as warm and welcoming a place."

ADVOCACY

- Advocacy Alerts throughout the year, as national and state opportunities for advocacy arise
- Meet local legislators to discuss mental health care access and the availability of services
- Help family members find resources to advocate on behalf of their loved ones.

"NAMI's power to make positive change comes from the voices of lived experience."

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COMMUNITY OUTREACH

- Educational presentations to groups, including Lower Merion and Delaware County police officers, service members, high school students, nursing and medical and physician's assistant students, social work and psychology students, psychiatry residents, and family therapists, community organizations, and congregations.

"I cannot top anything that the students have shared about this experience except that I hope that he continues to visit and speak to the senior nursing students every semester to share his story. What an experience; he is an inspiration and provides students with a perspective that I [as their professor] cannot."

ELECTRONIC OUTREACH

Website (http://NAMIMainLinePA.org/)

- Bi-monthly President's Message & Newsletter (http://NAMIMainLinePA.org/info-resources/newsletter/)
- Weekly Updates (http://NAMIMainLinePA.org/category/news/)
- Facebook (https://www.facebook.com/NAMIPAMainLine)
- Instagram https://www.instagram.com/namimainlinepa/
- Community outreach and education programs through YouTube, Slideshare and Pinterest

We are proud to share a brief summary of our accomplishments. In 2024, we:

- Welcomed Delaware County into our service area
- Opened our first office in Havertown · Increased our service capacity with 3 new part-time consultants to staff the office, enhance outreach and enhance our social media presence
- Offered 4 Family-to-Family education programs resulting in 62 program graduates
- Introduced and offered 2 Peer-to-Peer education programs resulting in 6 program graduates
- Launched 2 new support groups for a total of 6 groups that served 65-90 participants per month
- Hosted a 2-day Pathways to Hope conference, which reached 110 people new to our affiliate
- Provided 8 educational workshops and presentations with more than 150 participants
- Organized 9 presentations to university students with more than 360 student participants
- Organized 8 presentations to high school classes and student groups with 290 student participants
- Participated in 10 community outreach events throughout Lower Merion and Delaware County where we spoke to more than 460 individuals about our programs and resources
- Provided individualized information and support to more than 200 individuals