

NAMI Lexington was founded in 1985 to provide education, support and advocacy for persons whose lives are impacted by chronic mental health challenges. NAMI Lexington has been a front-runner in family education, collaboration, inclusiveness, diversity, cultural competence, consumer and peer-empowerment, and scope of services.

**NAMI Signature Programs offered free by NAMI Lexington:**

- ***In Our Own Voice*** – Living with a Mental Illness,
- ***NAMI Connections*** Consumer Support Groups,
- ***Sharing Hope*** – African American and Hispanic Faith-based community outreach
- ***Family-to-Family***
- ***Family Member Support Groups***
- ***Hearts and Minds*** (Whole Health Training)
- ***NAMIWalks***

A sampling of **other significant programs and trainings offered free by NAMI Lexington:**

- ***Participation Station***, a Peer-operated recovery center co-sponsored by bluegrass.org
- ***Kentucky Advanced Psychiatric Directive*** Training
- ***QPR Suicide Prevention*** Training / Gatekeeper Suicide Prevention Training
- ***WRAP*** (Wellness Recovery Action Plan) Trainings and Workshops
- ***Warm Line***, a Peer operated non-emergency phone line for anyone who "just needs someone to talk to" co-sponsored by bluegrass.org
- ***Double Trouble in Recovery (DTR)*** Support Groups for individuals with co-occurring addiction and mental health disorders
- ***Emotions Anonymous 12 step group***
- ***NAMI Introductions*** – Overview of NAMI programs, information, and supports
- ***KYSTARS*** - Recovery Support Groups, Recovery Oriented Training and Technical Assistance, and Leadership Academy Peer Leadership Skills Training
- ***Guest speakers*** for local Psychology and Social Work classes at UK, ECU, Midway College, Asbury, Georgetown College, and Kentucky State University
- ***Partner*** with UK College of Nursing, UK College of Psychology, UK College of Psychiatry, UK College of Social Work, Asbury University College of Social Work, Morehead State College of Social Work and other regional Universities to provide field education for student interns
- ***Multicultural Action Committee (MAC)*** provides culturally competent advocacy, education, outreach and support to African American and Hispanic communities

NAMI Lexington also offers ***affordable staff and employee training programs*** such as ***Mental Health First Aid***. The Mental Health First Aid program is an interactive session which runs 8 hours. It can be conducted in one full day or two half-day events. Mental Health First Aid certification must be renewed every three years, and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

For more information on NAMI's free programs and affordable mental health training, please see <http://namilex.org> or call 859-272-7891.