



We are a community who understands because we ARE the community!



For over 50 years we've been helping people here in the Mahoning Valley deal with mental illness. It's our passion and our mission. From families looking for information to individuals dealing with new diagnoses and sometimes frightening symptoms, NAMI Mahoning Valley is here with resources, support and education about mental illness. We deal with mental illness in our own lives and in the lives of our family members. We know how difficult the journey can be. We know, we care, we help.

We know that mental illness is something that touches us all in some way. We live here, we work here, we endure hardship here, we dream here, we recover here all in order to help others facing the same challenge as us: *mental illness*.

Want to make a difference in the lives of Valley residents living with mental illness? We appreciate and value the hard work and commitment to all of those who help us carry out our mission to provide support to those in need. Whether it's volunteering or making a donation – there are many ways you can get involved! All of the funds we raise in the Valley stay here in the Valley and go towards building programs, educating people, planning awareness raising events, helping people cope, helping rebuild lives, helping people live in recovery and so much more.

Just a few of the services that we provide:

- Support Groups
- Educational Classes
- Resources Information
- Support to Adult Care Homes
- Mental Health System Navigation Assistance
- Informational Presentations on Mental Health
- Advocacy Assistance
- Law Enforcement Presentations



Community Center • 1344 Fifth Ave, Youngstown, OH
Every Thursday 2:15 pm
Alta Care • 142 Javit Court, Youngstown, OH
Second and Fourth Thursdays, 6:00 pm



Trumbull County Meeting:
Girard Public Library • 105 E Prospect St, Girard, OH
1st Tuesday of every month, 11:00 am
Mahoning County Meeting
Alta Care • 142 Javit Court, Youngstown, OH
Second Tuesday of every month, 6:00 pm



Jewish Community Center of Youngstown
505 Gypsy Lane, Youngstown, OH 44504
3rd Monday of every month, 6:00 pm

Supported in part by the Mahoning and Trumbull County Mental Health & Recovery Boards

Visit us at www.namimahoningvalley.org or call 330-727-9268 for more info