



Find help, find hope.

NAMI Mahoning Valley

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

We are now offering Virtual Support Groups on Zoom! Visit our Facebook Page for more info:



NAMI Mahoning Valley Connection - Virtual Recovery Support Group: 2nd and 4th Thursdays of the Month at 6:00pm



NAMI Mahoning Valley - Virtual Family Support Group: 2nd Tuesdays of the Month at 6:00pm

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