

# ABOUT US

NAMI Chippewa Valley was founded in December of 2010. We are a non-profit organization funded by memberships, donations and grants. We are affiliated through NAMI Wisconsin as the local NAMI affiliate for Chippewa, Dunn and Eau Claire counties. We are governed through our bylaws and Board of Directors.

# MISSION

Our mission is to provide education, support, and advocacy for individuals living with mental illness and their families.

- We advocate for families, friends and persons affected by or with major mental illness in the community, in treatment settings, armed services and in jail.
- We educate the community on major mental illness to promote understanding and help remove the associated stigma and discrimination.
- We work for funding of research, housing, and improvement of treatment modalities for individuals with major mental illness.



## CONTACT NAMI CHIPPEWA VALLEY

Call, email or visit our website to become a member, donate, or to sign up for one of our programs.

Phone: **715-450-6484**

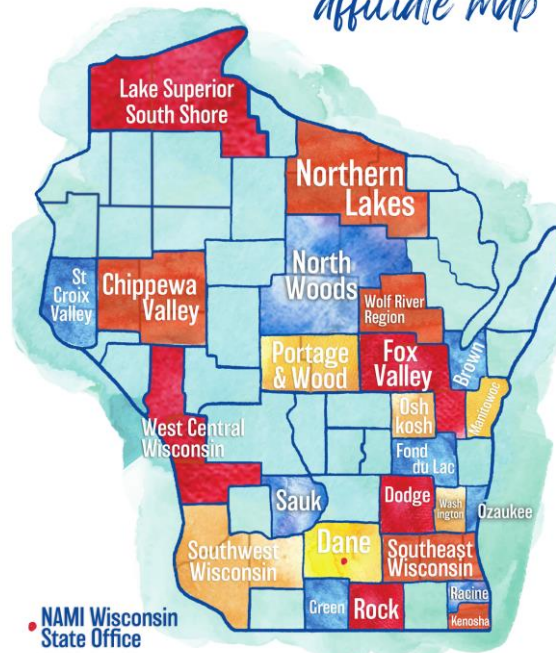
Email: [info@namicv.org](mailto:info@namicv.org).

Website: [www.namicv.org](http://www.namicv.org)



## NOT FROM HERE?

To find your local affiliate, visit [namiwisconsin.org/find-my-nami](http://namiwisconsin.org/find-my-nami)



715-450-6484

[www.namicv.org](http://www.namicv.org)

Banbury Place  
800 Wisconsin Street, Mailbox 88  
Building #2D, Suite 420F  
Eau Claire, WI 54703

# PROGRAMS

## Support Groups

### NAMI Family Support Group

- For adult family members and friends of individuals living with mental illness.

### NAMI WI Peer Support Group

- For adults who have a mental health condition.

## Educational Classes

### NAMI Family-to-Family

- An 8-session class for family & friends of individuals living with mental illness.

### NAMI Peer-to-Peer

- An 8-session class for adults with mental health conditions to better understand themselves & their recovery.

### NAMI Hearts & Minds

- A 5-session wellness class to educate and empower adults to better manage their health—both mentally & physically.

### NAMI Basics OnDemand

- Online class and discussion group for parents and caregivers of children or teens with psychological, emotional or behavioral difficulties.

### NAMI Homefront

- A 6-session online program for families, caregivers and friends of military members and veterans with a mental health condition.

## Presentations

### NAMI In Our Own Voice

- Presentation by a person living with a mental illness to provide perspective & speak openly about lived experience.

All NAMI programs listed are FREE and led by trained presenters or facilitators.

### NAMI Ending the Silence

- Presentation to raise awareness, discuss warning signs, and better understand mental illness for middle & high school students.

### NAMI WI Mental Health Chat

- A 45-minute presentation & curriculum follow-up on mental health awareness for elementary-age students.

## Extracurricular Clubs

### NAMI On Campus

- College clubs that are student-led mental health organizations on campuses.

### NAMI WI Raise Your Voice Club

- Clubs for high school students dedicated to mental health awareness, advocacy, and promoting acceptance.

## 1 in 5 PEOPLE LIVES WITH A MENTAL ILLNESS



The other four people likely know a friend or family member who lives with a mental illness.



NAMI Wisconsin provides online programs for individuals who do not have a local NAMI Affiliate or certain support groups or classes provided by their local affiliate. For more info, visit [namiwisconsin.org/being-together](https://namiwisconsin.org/being-together).

# RESOURCES

## HOPELINE | 741-741

Text HOME for 24/7 text support & connect with a volunteer Crisis Counselor.

## Northwest Connections | 888-552-6642

Call for 24/7 emergency crisis line, available for Eau Claire, Chippewa & Dunn Counties.

## Uplift WI | 534-202-5438

Call support line to speak with a certified peer specialist, available 10am-10pm daily.

## Veterans Crisis Hotline | 988

Call 988, then press 1, or text 838255.

## Monarch House | 715-505-5641

Peer run respite in Menomonie, WI, 24/7 phone support & overnight program for mental health & substance use related crises.

## NAMI HelpLine | 800-950-6264

Free nationwide service providing information, resource referrals, and peer-support.

## NAMI Wisconsin Resource Guide

Provides mental health resources in Wisconsin and practical advice for individuals and family members of those living with mental illness. Visit, [namiwisconsin.org/resource-guide](https://namiwisconsin.org/resource-guide).



## IMMEDIATE SUPPORT

If you or a loved one are in crisis and need immediate support, please call 911 and request a CIT officer.

Call 988 for [The Suicide Prevention Lifeline](https://www.suicideline.org/).

