

NAMI Santa Cruz Programs

National Alliance on Mental Illness

Who is NAMI Santa Cruz?



NAMI Santa Cruz County's Open House Oct. 2023



NAMI Santa Cruz County

- **Empowerment, compassion, and equity** for those with mental health conditions and their community
- **Free** services for individuals, their families, and their providers
- **Peer-to-peer** services in person and on Zoom
- Moving individuals from **isolation to community**, from **hopelessness to hope**, from **stigma to empowerment**
- All programs in **English and in Spanish!**
- Our new office in **Watsonville** is **now open** to the public! **Walk in** hours available!



Join us! (Programs available in English and Spanish)



Presentations

For schools,
facilities, and law
enforcement



Support groups

For those with mental
health conditions and their
loved ones



Classes

For peers, families,
and providers

Support Groups

Currently, most groups meet on Zoom – anyone can join, drop-in friendly!

Links to register on our website

- **NAMI Connection/Conexión** – for adults with mental health challenges (in person/once a month)
 - **NAMI Family Support Group/Grupo de Apoyo para Familias** – for family members and loved ones of adults with mental health challenges
 - **NAMI Parents/Caregivers of Youth Family Support Group** – for caregivers of youth under 18
 - **NAMI Transition Age Youth Family Support Group** – for loved ones of transition age youth (18–26) with mental health challenges
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Classes

We offer in person classes!
Links to register on website

- **NAMI Peer-to-Peer/De Persona a Persona**
 - 8-week class for individuals with mental health conditions interested in learning about living in recovery
 - **NAMI Family-to-Family/De Familia a Familia**
 - 8-week class for family members and loved ones of those with mental health conditions interested in learning best practices for support
 - **NAMI Basics/Bases**
 - 6-week class for caregivers of youth (under 18) with mental health challenges
 - **NAMI Provider Education**
 - 15-hour course for professionals working with serious mental illness
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Help Lines

For those interested in learning more about local resources or connecting to a family member/peer with lived experience

- Spanish Help Line - 831-205-7074
 - Live, M-F 9am - 7pm
 - English Help Line - 831-427-8020
 - Leave a voicemail and receive a call back within 24 hours
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Ambassadors

Presentations for clients of inpatient, outpatient, and other local mental health programs

- **Ambassadors** – our 30-45 minute presentation in inpatient, outpatient, and other mental health programs to connect adults struggling with mental health conditions to community resources and to peers living in recovery
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Ending the Silence

Our mental health awareness presentations for students, school staff, and families. Available in English and in Spanish!

- **A 45-90 minute presentation at any school setting**
Presentations available for students, school staff, and/or families to help youth recognize the warning signs of a mental health condition, understand the resources needed for support, and de-stigmatize mental health conditions
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We are open!

If you or someone you know needs resources, please stop in during walk in hours. We have staff on site to support you or a loved one.

Walk in hours:

10am-1pm

Monday-Friday

35 Penny Lane Suite 2

Watsonville, CA 95076

Contact Info

Come visit us at our new office location in Watsonville!

**Walk in hours
10am-1pm, Monday -Friday!
35 Penny Lane Suite 2
Watsonville, CA 95076**

**HelpLine: (831) 427-8020
Línea de ayuda en español: (831) 205-7074
Administrative Office: (831) 824-0406**

Visit our website at: www.namisc.org

Email us: info@namisc.org

Find NAMI Santa Cruz on Facebook and Instagram!