



Transforming Communities Through Hope

In an exceptionally difficult year, more people than ever before are struggling with their mental health.

1 in 5 adults in the United States lives with a mental health condition. 5 in 5 people have mental health, and deal with emotions like stress, worry, grief and burnout.

NAMI is partnering with faith communities across Illinois, building their knowledge and skills to minister to those who are hurting in different ways.

Faith communities are already doing this work—breaking bread, feeding and clothing people, comforting those who grieve. Partner with NAMI to learn new skills to help you in this journey, and gain a long-term ally and resource you can call for support.

NAMI IS OFFERING:

- A free, virtual mental health education session for your faith leadership or congregation through NAMI's "Bridges of Hope"
- Long-term partnership and a resource you can rely on for help for those you serve

To partner with NAMI's "Bridges of Hope", visit namichicago.org/faith or call 833-626-4244.



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Suburban

