



NAMI FaithNet

Be Empowered

- Start a Mental Health Friendly Ministry in your community
- Build a Mental Health Library or start a kiosk with current information
- Create a PSA (Public Service Announcement)
- Create a Quick Reference Guide or a list of Community Resources
- Host or co-host a mental health conference/workshop to serve the local community
- Sponsor a NAMIWalks Team.

Who We Are

About Us

NAMI is a non-profit organization made up of families, friends, professionals, students and individuals living with mental health challenges.

FaithNet is an interfaith resource network of all faith traditions who are welcoming and supportive of persons and families living with mental health challenges.

Contact Us

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NAMI KERN COUNTY

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FaithNet

NAMI KERN COUNTY

Education, Support, Advocacy

Be Aware

- Meet with NAMI FaithNet Staff
- Attend a FaithNet lunch/meeting
- Hold a Wellness Fair and include mental health resources
- Begin to collect local resources
- Use space for education program or support groups

Hope Endures

Be Educated

- Host a In Our Own Voice presentation
- Host an Ending the Silence presentation
- Provide a Suicide Prevention Training
- Host a Mental Health First Aid Training
- Host a Friends & Family Workshop
- Invite a mental health professional to speak to your congregation.

Hope is never lost

Be Vocal

- Preach a mental health sermon
- Include a testimonial in worship
- Present a table of mental health resources in the lobby
- Host a National Prayer Day for Mental Health or Suicide Prevention
- Participate in Mental Health Awareness Month in May
- Participate in Mental Illness Awareness Week, first full week in October.

Hope is a Gift