The National Alliance on Mental Illness (NAMI), the nation’s largest grassroots mental health organization, is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI is steadfast in its commitment to raise awareness about mental illnesses by providing support, advocacy, education, and research at a national, state, and local level. The parent national website is www.NAMI.org

Mail:  
P.O. Box 358703  
Gainesville, FL 32635

Email:  
info@namigainesville.org

Helpline:  
(352)-374-5600 ext. 8322

Online:  
www.NAMIGainesville.org  
www.facebook.com/NAMIGainesville
Mental illnesses are medical disorders of the brain.

Mental illnesses can disrupt thinking, moods, daily functioning, and the ability to relate to others. Like other serious medical conditions, mental illnesses often result in a changed capacity to navigate the ordinary demands of life. Early identification and treatment of mental illnesses is of vital importance. Treatment and support promote recovery and improvement in quality of life.

Mental Illnesses Include:

- Major depressive disorder
- Generalized anxiety disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Anorexia nervosa
- Bulimia nervosa
- Binge-eating disorder
- Schizophrenia
- Schizoaffective disorder

We offer support for peers with diagnosed mental illnesses, their family, and their friends.

The good news is that “you are not alone.”

We can help.

- Education & support meetings
  - Family members (2nd Monday of every month)
  - “Connection Recovery Support Group” meeting (every week)
- Certified Educational Classes About Mental Illnesses
  - “Family-to-Family” course for family members and caregivers
  - “Peer-to-Peer course for people with diagnosed mental illness
  - “NAMI Basics” course for family members and caregivers of children and teens
- Annual awareness events
- Speakers Bureau for community education
- Advocacy and Community Relations
- NAMI book and video library

We offer support for peers with diagnosed mental illnesses, their family, and their friends.

The good news is that “you are not alone.”

We can help.

- Education & support meetings
  - Family members (2nd Monday of every month)
  - “Connection Recovery Support Group” meeting (every week)
- Certified Educational Classes About Mental Illnesses
  - “Family-to-Family” course for family members and caregivers
  - “Peer-to-Peer course for people with diagnosed mental illness
  - “NAMI Basics” course for family members and caregivers of children and teens
- Annual awareness events
- Speakers Bureau for community education
- Advocacy and Community Relations
- NAMI book and video library