



Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by mental illness.

Supporting Families, NAMI family services and Helpline offer compassion, strategies, and support to families, across the state, so they can better care for themselves or their loved ones.

Equipping Professionals, NAMI Maine's educational programs train professionals with the skills necessary to step up and be a helper in a crisis situation. Community members working in schools, healthcare settings, and businesses train with NAMI so more Mainers are connected to help and hope.

Strengthening Communities, through a statewide network of affiliates NAMI advocates for improved quality of services for all persons affected by mental health, promoting peer support and public awareness. Together, we remind community members they are never alone.

NAMI Basics

Find support and shared understanding from people who truly get your situation.

Mental Health First Aid

Learn how to identify, understand, and respond to signs of mental health challenges and concerns.

[To learn More Visit NAMIMAINE.org](https://www.namimaine.org)