

## MENTAL HEALTH RESOURCES AND OPPORTUNITIES

Available Mental Health supportive services at NAMI Washington County;  
Online and in-person support groups

- Family Support Group
- ADHD/ADD Group
- LGBTQ+ Group
- Anxiety and Anxiety After Hours Groups
- Bipolar/Depression Group
- Women's and Men's Group
- NAMI Connections groups for anyone with a mental health concern

Recovery-focused Support

- PeerZone Workshop
- Co-Occurring Group
- Solutions Group



### ALL SUPPORTIVE SERVICES ARE NO COST

All groups and workshops are free to attend and meet weekly

For the most current listing of groups and workshops, descriptions, and to join any online group or workshop, or to find other NAMI affiliates in Oregon and SW Washington for additional supportive services please visit our website at: [washconami.org](http://washconami.org)

### EDUCATIONAL PROGRAMS

NAMI offers a program called **Ending The Silence** that focuses on educating our communities about mental health in order to raise awareness—begin the conversation about mental health, and end all stigma surrounding mental health conditions

### ETS IS PRESENTED TO THREE AUDIENCES:

- Families
- Educators
- Students

For more information and to book a presentation please visit our website, or email our Community Outreach Coordinator Nicole Waters at [nicole@washconami.org](mailto:nicole@washconami.org)

# VOLUNTEER/COLLABORATIVE OPPORTUNITIES TO INFORM MENTAL HEALTH SUPPORTIVE SERVICES IN YOUR COMMUNITY

Join us at NAMI Washington County to;

- Facilitate mental health support groups
- Advocate and inform on social media, through our mental-health-focused blog, and within our affiliate newsletter
- Coordinate Supportive Services (details below)

## OTHER OPPORTUNITIES

NAMI Washington County is in need of Peers, persons with lived experience of a mental health condition/s for;

- Lead facilitator for ETS educational presentations
- Young peer presenter (aged 18-35) to share lived experience of mental health condition/s

## Opportunities for collaboration and connection with a mutual mental health (and more) supportive wellness network

Let's connect! And establish together; a network that truly facilitates informed connections to adequate and necessary supportive services for everyone in need of supportive services within our communities

Contact NAMI Washington County COC Nicole Waters at [nicole@washconami.org](mailto:nicole@washconami.org) to begin the conversation about establishing a **mutual connected and informed wellness network** and to begin our collaborative partnership in order to better serve our communities mental health (and many other) supportive services needs

Let's ensure; no more dead ends and no more closed doors for those seeking supportive services in our communities