



Partnering to Build a Stronger Louisville

Healthy Communities Build Strong Economies



Presented by

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National Alliance on Mental Illness

Louisville

Every one of us has been touched by mental illness.



It may be your child.

A parent. A spouse. A coworker.

A veteran. A neighbor.

Or perhaps someone you pass every day on the streets of Louisville—at the store, on the bus, in your building, or sitting beside you in a waiting room.

Mental illness does not discriminate.

It affects every race. Every neighborhood.

Every profession. Every income level.

Every age. Every family.

Yet too many people still don't know where to turn before or during a crisis.

That's where **NAMI Louisville** comes in.

You are
not alone.
We are here.



Louisville



Hope. Help. Healing. **Together.**

Who Is NAMI Louisville?



For more than 45 years, NAMI Louisville has been a trusted source of hope, education, and support for our community.



45+ YEARS OF SERVICE

Proudly serving Louisville and Southern Indiana since 1979.



INDEPENDENT & LOCAL

An independent 501(c)(3) nonprofit with a local board and local decisions. Funds stay local.



NATIONAL AFFILIATE

Proud affiliate of NAMI National, benefiting from national training, research, and resources.



PEER-LED

Led by people with lived experience and family members who understand.



FREE SERVICES

Every program and class we offer is completely free.



Louisville

*We don't walk alone.
And neither do you.*



What Makes NAMI Different?



We don't replace clinical care.

We complement it by providing the understanding, connection, and support that happens in between.

CLINICAL CARE		NAMI LOUISVILLE	
	Diagnoses	»»	 Understanding
	Treatment	»»	 Connection
	Therapy	»»	 Peer Support
	Appointments	»»	 Community
	Crisis Response	»»	 Prevention & Hope

We help people and families live better with mental illness.



Louisville



*We don't replace clinical care.
We make it work better.*



Meet People Where They Are



Wellness Wheels allows NAMI Louisville to bring mental health education, suicide prevention, peer support, and community resources directly into the places where people live, work, learn, and gather.

We go where people already are—whether in schools, workplaces, libraries, supportive housing communities, recovery programs, veterans organizations, faith communities, neighborhood events, and other trusted gathering places across Louisville.



Bringing hope, information, and resources directly to our community.



1,000+
students reached



100+
presentations in schools and communities



Building understanding, reducing stigma, and encouraging help-seeking early.



Louisville



You are not alone.
We are here for you.



Stronger minds.
Stronger families.
Stronger Louisville.

How We Strengthen Louisville

Five Pillars. One Stronger Community.



Mental health is connected to every part of a strong community. Our programs build understanding, reduce stigma, and create connections that help people and neighborhoods thrive.



HEALTHY WORKFORCE

We help employers create mentally healthy workplaces, support employees, and reduce the impact of stress, burnout, and mental health challenges.



YOUTH

We educate, empower, and connect young people through presentations, Youth Advisory Council (YAC), and early intervention programs.



FAMILIES

We provide education, support, and hope for families navigating mental illness, strengthening the entire family system.



COMMUNITY RESILIENCE

We build stronger communities through education, peer support, suicide prevention, and stigma reduction across neighborhoods.



SUPPORTING HOUSING STABILITY

Stable housing requires stable support. We meet people where they are—bringing education, peer support, family support, and connections that help individuals remain engaged in treatment and housed for good.



When people are supported,
families are stronger.
When families are stronger,
Louisville is stronger.



Supporting Louisville's Workforce



A mentally healthy workforce is a stronger workforce. NAMI Louisville partners with employers to create supportive workplaces where people can thrive.



EMPLOYER PARTNERSHIPS

We collaborate with businesses of all sizes to promote mental well-being and build a culture of understanding and support.



STIGMA FREE WORKPLACE

Interactive training that helps employees recognize mental health challenges, reduce stigma, and know how to help.



QPR SUICIDE PREVENTION TRAINING

Evidence-based training that teaches employees how to recognize warning signs and save lives.



STRONGER WORKPLACES

Supporting mental health leads to higher retention, lower absenteeism, increased productivity, and better overall well-being.



BUILDING A CULTURE OF CARE

Together, we create workplaces where employees feel valued, supported, and empowered to succeed.



When employers invest in mental health, everyone benefits—employees, businesses, and our community.



Louisville



*You are not alone.
We are here for you.*



Partnering with employers to create a healthier, stronger Louisville.

Supporting Youth & Education

When we invest in young people and educate our communities, we create brighter futures and reduce crisis before it begins.



We bring mental health education, resources, and hope directly to where young people learn, grow, and spend their time.



1,000+
students reached



100+
presentations in schools and communities



Building knowledge, reducing stigma, and promoting early intervention.



WELLNESS WHEELS

Our mobile classroom brings mental health education and resources to schools, libraries, community events, and neighborhoods.



YOUTH ADVISORY COUNCIL (YAC)

Empowering young leaders to raise awareness, reduce stigma, and create meaningful change in their schools and communities.



SCHOOL PRESENTATIONS

Age-appropriate programs that educate students on mental health, encourage help-seeking, and promote kindness and connection.



MENTAL HEALTH EDUCATION

Mental Health 101, QPR suicide prevention, and other trainings that build understanding and confidence among students, educators, and parents.



EARLY INTERVENTION & SUPPORT

Helping young people build resilience, manage stress, and access support early—before challenges become crises.



BRIGHTER FUTURES TOGETHER

Working alongside schools, families, and community partners to create supportive environments where every young person can thrive.



Supporting Individuals & Families



We walk beside people throughout their mental health journey.
Not just during crisis—before, during, and throughout recovery.



FAMILY-TO-FAMILY

Evidence-based education
for family members
supporting a loved one.



RESOURCE NAVIGATION

Connecting individuals and
families with treatment,
services, and community
resources.



NAMI BASICS

Helping parents and
caregivers of children and
teens navigate mental
health challenges.



MENTAL HEALTH EDUCATION

Free classes and presentations
that reduce stigma and
encourage early intervention.



PEER SUPPORT GROUPS

Free support groups led
by trained peers and
family members.



HOPE & CONNECTION

Because no one should
face mental illness alone.



*Support doesn't end when someone leaves the doctor's office.
That's where NAMI Louisville begins.*



Louisville



You are not alone.
We are here for you.



Stronger minds.
Stronger families.
Stronger Louisville.

Mental Health Does Not Discriminate.



Mental health challenges can affect anyone regardless of age, race, ethnicity, gender, ability, sexual orientation, income, or background.

At NAMI Louisville, everyone belongs.
Everyone is welcome. Everyone is valued.



WE EMBRACE AND INCLUDE



ALL AGES

From children to older adults, we support individuals and families at every stage of life.



ALL RACES & ETHNICITIES

We honor and respect the rich diversity of our community.



ALL GENDER IDENTITIES

We welcome and affirm all gender identities and sexual orientations.



ALL ABILITIES

We are committed to accessibility and creating inclusive spaces for everyone.



ALL INCOMES & BACKGROUNDS

We provide free programs and support—because healing should be within everyone's reach.

OUR COMMITMENT TO EQUITY



WE LISTEN

We listen to and learn from the diverse voices in our community to better understand needs and remove barriers.



WE REPRESENT

We strive for diversity in our board, staff, volunteers, and programs.



WE EDUCATE

We provide culturally responsive education that reflects the communities we serve.



WE SUPPORT

We create safe, welcoming spaces where everyone can find hope and connection.



WE ADVOCATE

We work to advance equity in mental health access, resources, and opportunities for all.



WE BELIEVE

A stronger, healthier Louisville is built when everyone has the support they need to thrive.



We believe in a community where everyone has the opportunity to be heard, supported, and empowered to live well. *Together, we make that possible.*



Louisville 

*We carry stories of love and loss.
We create stories of hope and healing.*



Learn more.
Find support.
Get involved.
namilouisville.org

Our Community Impact



Real People. Real Connections. Real Change.

Every number represents a person who found hope, a family that found support, and a community that is stronger because of it.



10,000+

People reached through our programs and outreach



100+

Presentations in schools, workplaces, and communities



45

Employer partnerships building mentally healthy workplaces



3,000+

Support group visits by individuals and family members



1,000+

Students educated and empowered through our programs



Behind every number
is a story.

*Thank you for being part
of our mission. ♥*



Behind Every Number Is a Person. A Family. A Story.

This is mine. ♥

MY SON. MY INSPIRATION.

Alex was brilliant, creative, and full of life. Like so many young people, he battled a mental illness that others could not see. We searched for answers, support, and hope. We weren't alone because of people and organizations like NAMI Louisville.

Today, I serve so that other families know: you are not alone, and there is hope.

Alex ♥

2003 – 2023



“ We walk this path so that others don't have to walk it alone. We honor Alex by helping families *find hope before* they reach crisis. ”



Looking Ahead

Building on Today. Creating a Stronger Tomorrow.



Community Wellness Center

Creating a welcoming space for support, education, connection, and hope—open to everyone in our community.



Future Partnerships

Collaborating with mission-aligned organizations to expand services and deepen our impact across Louisville.



Expanding Wellness Wheels

Bringing mental health education and resources to more schools, workplaces, and neighborhoods throughout our region.



Growing Employer Partnerships

Engaging more workplaces to support employee well-being and strengthen a mentally healthy workforce.



Supporting Metro Priorities

Partnering with Louisville Metro to advance community mental health and build a healthier, more resilient city for all.



Together, we can create a Louisville
where everyone has the opportunity to thrive.

You are not alone. We are here for you.



Louisville



*We carry stories of love and loss.
We create stories of hope and healing.*



Learn more.
Find support.
Get involved.
namilouisville.org

Thank You, Louisville.

Stronger Minds. Stronger Families. Stronger Louisville.

With your partnership, we can build a community where everyone has the support they need to heal, grow, and thrive.

*Together, we can ensure that every person knows:
You are not alone. We are here for you.*



Our Commitment to Louisville



MEET PEOPLE WHERE THEY ARE

Bringing support
to our community.



OFFER HOPE THAT HEALS

Providing connection,
education, and resources.



BUILD STRONGER COMMUNITIES

Working together for
a healthier Louisville.



EMPOWER PEOPLE TO THRIVE

Equipping individuals and
families for brighter futures.

“ When we come together
with compassion and action,
we create a Louisville
where everyone can
heal, belong, and thrive.
*Thank you for being part
of this mission.* ”



We invite you to partner with NAMI Louisville to build a stronger, healthier future for all. *Let's walk this path together.*



Louisville 

*You are not alone.
We are here for you.*



 namilou.org
 NAMI Louisville
 @namilouisville