



Partnering to Build a Stronger Louisville Through Community Mental Health

Healthy communities build strong economies. Strong economies depend on healthy people.

Prepared by NAMI Louisville

National Alliance on Mental Illness

Mental Health Is Economic Development

A strong economy begins with strong people.

Every day, Louisville employers work to recruit and retain talented employees. Schools prepare the next generation of workers. Families strive to create stable homes. Community leaders invest in safe neighborhoods and a high quality of life. Mental well-being is connected to every one of these goals.

When people receive education, support, and encouragement before challenges become crises, they are more likely to remain employed, succeed in school, care for their families, and contribute to their communities. Community mental health is not only a healthcare issue, it is a workforce issue, an educational issue, and an economic development issue.

For more than 45 years, NAMI Louisville has partnered with schools, employers, healthcare providers, community organizations, and Metro Louisville to strengthen our community through prevention, education, peer support, advocacy, and early intervention.

Why NAMI Louisville

A Trusted Community Partner

Local Leadership

- NAMI Louisville is an independent nonprofit governed by a local Board of Directors. Every local investment remains in our community, directly supporting programs and services for Louisville residents.

National Expertise. Local Innovation.

- As the local affiliate of the National Alliance on Mental Illness, NAMI Louisville combines nationally recognized education programs, facilitator training, advocacy resources, and best practices with innovative local initiatives developed specifically to meet Louisville's needs.

Peer-Led. Community Focused.

- Our programs are led by trained staff and volunteers with lived experience who build trust, reduce stigma, and encourage people to seek help earlier. Rather than waiting for individuals and families to find us, we meet people where they are—in schools, workplaces, neighborhoods, libraries, community events, faith communities, and other trusted community settings.

Accessible to Everyone.

- Every program we provide is offered free of charge. No insurance is required, there are no income qualifications, and financial barriers never prevent someone from receiving education, support, or hope.

Together, these strengths make NAMI Louisville uniquely positioned to help Metro Louisville expand access to community-based mental health education, prevention, and peer support while strengthening our workforce, supporting our youth, and building healthier neighborhoods.

Our work is guided by one simple philosophy:

Meet people where they are.

Rather than waiting for individuals and families to find us, we bring education, support, and hope into schools, workplaces, neighborhoods, libraries, community events, faith communities, festivals, and other trusted places throughout Louisville.

Every program we provide is offered free of charge, removing financial barriers and ensuring support is available to everyone who needs it.

Strengthen the Workforce

Healthy employees build healthy businesses.

NAMI Louisville partners with employers...

NAMI Louisville works alongside community partners to achieve four outcomes that strengthen Louisville's future.

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NAMI Louisville partners with employers through workplace mental health education, suicide prevention training, and leadership development that foster healthier workplaces, reduce stigma, and encourage employees to seek help early.

Support Youth

Today's students are tomorrow's workforce.

Through Wellness Wheels, school partnerships, and youth mental health education, NAMI Louisville equips young people with the resilience, coping skills, and confidence they need to succeed in school and in life.

Strengthen Families

Strong families strengthen communities.

Peer-led support groups and nationally recognized education programs provide parents, caregivers, and loved ones with practical tools, encouragement, and hope as they navigate mental health challenges together.

Build Community Resilience

Strong communities are built before a crisis occurs.

NAMI Louisville brings education and public awareness directly into neighborhoods, schools, workplaces, libraries, faith communities, concerts, festivals, and other trusted community gathering places, reducing barriers to support and encouraging earlier intervention.

2025 Community Impact

In 2025, NAMI Louisville continued expanding its reach across Jefferson County.

- **10,000+** community members reached through education, outreach, and public awareness.
- **1,000+** JCPS students served through partnerships with Fairdale High School, The Brown School, and additional Louisville schools.
- **15+** employer partnerships supporting workplace mental health.

- **50+** presentations delivered to schools, businesses, and community organizations.
- **30+** community outreach events across Louisville.
- **3,000+** participant visits through peer and family support groups.

These numbers represent more than activity. They represent Louisville residents who received education, support, and hope before reaching crisis.

Looking Ahead

The demand for community-based mental health education and support continues to grow.

NAMI Louisville's long-term vision is to build upon its outreach efforts through the creation of a **NAMI Louisville Community Wellness Center**—a welcoming space where individuals and families can access free education, peer support, wellness classes, volunteer opportunities, and community programming throughout the year.

The Wellness Center will not replace our commitment to meeting people where they are. It will strengthen that commitment by providing Louisville with a permanent home for connection, learning, and hope.

A Partnership for Louisville's Future

For more than 45 years, NAMI Louisville has worked alongside families, schools, employers, healthcare providers, and community organizations to strengthen the mental health of our community.

As the demand for community-based mental health education, prevention, and peer support continues to grow, so does the opportunity to build upon programs that are already making a measurable difference across Louisville.

We look forward to discussing opportunities for Louisville Metro Government to partner with NAMI Louisville through sustainable public investment that expands access to proven community-based mental health programs while strengthening our workforce, supporting our youth, and building healthier neighborhoods.

Together, we can build a Louisville where every person knows support is available, every family knows they are not alone, and every employer has the tools to support a healthy workforce.

NAMI Louisville looks forward to sharing how strategic community partnerships can expand access to proven mental health programs while strengthening Louisville's workforce, families, and neighborhoods.