

# WHERE DO YOUR NICKELS GO?



# NAMI

National Alliance on Mental Illness

## Marin County

NAMI Marin is the local affiliate of the National Alliance on Mental Illness (NAMI) serving Marin County. NAMI is the nation's largest grassroots mental health organization of families, friends, and individuals whose lives have been affected by mental illness. Together, they advocate for better lives for those individuals and families.

NAMI Marin is unique among mental health services available in Marin County. They are an organization focused on supporting the families of individuals living with mental health challenges. They recognize that family members are often the ones shouldering the emotional, financial, and day-to-day challenges of



caring for a loved one, and that the role of caregiver can often feel overwhelming and isolating.

Their goal is to reduce this stress and isolation by connecting families through our free educational programs, support groups, community events, and advocacy.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Their mission is to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental health conditions in Marin County can build better lives.

Your financial contribution to NAMI helps create a world where all people affected by mental illness can experience hope, recovery, wellness and freedom from stigma.

**LEARN MORE AT [NAMIMARIN.ORG](http://NAMIMARIN.ORG)**



**EACH TIME YOU USE YOUR REUSABLE SHOPPING BAGS, YOU GET A NICKEL TO DONATE!**

# United

Healthy Choices. Honest Value.