



# South Dakota

NAMI South Dakota is a non-profit organization dedicated to improving the lives of persons affected by mental illness.

## Online Resources Available

Due to Covid-19 all NAMI SD activities are currently offered online for your safety. Please go to our website or Facebook page for more information or to register.

[www.namisouthdakota.org](http://www.namisouthdakota.org)

## Online Support Groups

*NAMI Connections Support Group*

Every Wednesday 5:30-6:30pm (CST)

Every Thursday noon-1pm (CST)

*NAMI Family Support Group*

1st & 3rd Sunday 6:00-7:00pm (CST)

## Online Presentations

*-NAMI Ending the Silence*

*A presentation that teaches students, staff, and parents about the warning signs of mental health conditions and offers resources on how to help a friend.*

*-NAMI In Our Own Voice*

*A presentation led by two adults living with a mental health condition who share their story about recovery.*

## Additional Resources

### Helpline

Dial 2 -1- 1

### Suicide Prevention Helpline

1-800-273-8255

### NAMI Helpline

1-800-950-6264

### NAMI Texting line

text NAMI to 741741

## Online Education Classes

*-NAMI Basics*

A free, 6-class education program for parents and caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed.

*-NAMI Family-to-Family*

A course designed for loved ones of adults who have been diagnosed with a mental illness.

## Online Wellness Activities

We have a variety of online wellness activities each month. Some include:

- Story Stitch
- Wellness Breath Sessions
- Wellness Writing Workshops

To see a list and register for NAMI SD wellness activities go to [www.namisouthdakota.org](http://www.namisouthdakota.org) or the NAMI South Dakota Facebook page.



Listen to our weekly Why We NAMI podcast on your favorite podcast app or at [namisouthdakota.org](http://namisouthdakota.org)