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)

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**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)

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**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.

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**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.

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**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).

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**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