



National Alliance on Mental Illness

# nami San Francisco

[namisf.org](http://namisf.org) | 415-237-0039

[Resources Page](#)

## Be a Mental Health Friendly Faith Community!

Here are a few things your community can do to elevate mental health awareness, reduce stigma, and advocate for resources

### Be Empowered and Aware

- Start a mental health-friendly group in your community
- Consult and secure interest from leadership
- Create a PSA (public service announcement) about services and resources
- Create a quick reference guide or list of community resources
- Host a strategic planning session to identify mental health advocacy work

### Be Educated and Advocate

- Host a NAMI Mental Health 101 Presentation
- Host a Suicide Prevention Training
- Attend a NAMI Provider education class
- Attend a Mental Health First Aid training
- Share crisis hotlines in Worship services
- Offer a Worship service that includes mental health messaging