

## **NAMI UTAH MENTOR PROGRAM**



NAMI mentors are people whose lived experience of mental illness makes them uniquely qualified to help you. We have been affected by mental illness as family members, individuals living with mental health conditions, or both. We can empathize with you because we have been there, too. We provide information about mental health

conditions and about resources in the community.

### **HOW NAMI UTAH MENTORS CAN HELP**

Our goal is to listen to you and help you find the information and/or resources you need. We make every effort to ensure the information we provide is accurate and suitable for your situation so that you do not experience the frustration of making unnecessary phone calls.

NAMI mentors:

- Provide information and education about mental illness and its impact upon individuals and families
- Provide examples of communication skills that can be utilized with loved ones

- Educate families and individuals about mental health crises and actions to keep loved ones/oneself safe, including crisis line information
- Assist in problem solving and strategizing
- Refer to resources in the community including NAMI classes and support groups
- Encourage self-advocacy and advocacy for loved ones

NAMI Utah also has mentors who provide advocacy for individuals with mental illness who are participating in the criminal mental health courts at the Federal Mental Health Court (RISE Program) and the Salt Lake, Davis, and Weber county mental health courts. Unlike civil commitment courts where someone is hospitalized involuntarily, criminal mental health courts are specialty courts for individuals with mental illness who have been arrested and charged with a crime. The mentors can answer basic questions about the criminal justice system, suggest things you can do to help a loved one who is in jail, and provide information about the criminal mental health courts. *\*Disclaimer: The information listed above does not constitute legal advice and is presented here for information purposes only. Anyone with legal questions about their case(s) should seek the advice of an attorney.*

**Mentors are available Monday through Friday from 9 am to 4:15 pm. Please call our office at 801-323-9900.**



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