

WHO WE ARE & HOW WE HELP

NAMI Keystone Pennsylvania is a 501(c)(3) nonprofit organization dedicated to improving the lives of children, adolescents, adults, and families affected by mental illness through recovery-focused support, education, and advocacy.

Located in Pittsburgh, NAMI Keystone PA is the state organization in Pennsylvania for the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization.

Support



No one should have to deal with mental illness alone. NAMI Keystone PA and affiliates offer free support groups that help individuals and families affected by mental illness connect with other people who are experiencing similar feelings and situations. Meetings offer insight, encouragement, and comfort, which are important to recovery.

Education



Free education programs help individuals and families better understand mental illness and the importance of self-care. We also provide customized mental health awareness presentations for schools, workplaces, and community groups. Three annual education conferences provide a platform for peers, caregivers, advocates, and professionals to learn, share, and network.

Advocacy



NAMI Keystone Pennsylvania's adult mental health advocacy program helps individuals understand their rights to make informed decisions about their care. We also provide up-to-date information on state and federal legislation that impacts mental health, and we help connect individuals with their policymakers.

HelpLine



1-888-264-7972

Daily HelpLine provides callers with information and resources on mental illness. The HelpLine is open Monday - Friday between 9 a.m. - 2 p.m. This is not a crisis line.



NAMI SIGNATURE PROGRAMS

NAMI Family Support Group is a free, peer-led support group for family members, significant others, and friends of individuals with mental health conditions.

NAMI Connection Recovery Support Group is a free, peer-led support group for adults who have experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others.

NAMI In Our Own Voice is a unique public education presentation that offers insight into the hope and recovery that's possible for people living with mental illness. Trained individuals living with mental illness talk openly about what it's like to have a mental health condition.

NAMI Ending the Silence is a 50-minute mental health awareness program designed for teenagers. During this in-school presentation, students learn about mental illness directly from young adults living with a mental health condition. The program helps students recognize symptoms and warning signs, and ways to help themselves or a friend.

NAMI Family-to-Family is a free, eight-week course for families, partners, and friends of adults living with a mental health diagnosis. The course is designed to help family members understand and support their loved one while maintaining their own well-being. The program is taught by trained teachers who are also family members.

NAMI Homefront is a free, six-session education program for families, caregivers, and friends of military service members and veterans with mental health conditions. The course is designed to address the unique needs of military families. The course is taught by trained family members of service members or veterans living with a mental health condition.

NAMI Peer-to-Peer is a free, eight-session education program for adults with a mental health condition who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos.

NAMI Basics is a free, six-week education program developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with a serious mental illness/serious emotional disturbance or who are experiencing symptoms but have not yet been diagnosed. You'll learn the facts about mental health conditions and how best to support your child at home, at school, and when they're getting medical care.

NAMI Smarts for Advocacy: Telling Your Story is a 6.5-hour skill-building workshop that helps individuals develop an effective way to tell their stories and present the facts to encourage legislative action. The curriculum includes three main components and can be presented individually: Telling your Story, Contacting Your Policymaker, and Meeting Your Policymaker.

CONFERENCES AND EVENTS

2026
PENNSYLVANIA
MENTAL HEALTH AND WELLNESS
CONFERENCE
MAY 18-19 • HARRISBURG

BLACK
MENTAL HEALTH
SUMMIT
JUNE 24, 2026 | PITTSBURGH

NAMI Walks
Keystone PA
Monroeville Community Park
Sunday, Oct. 4, 2026

Learn more at www.namikeystonepa.org.