NAMI Family Support Group Facilitators are trained NAMI leaders who lead NAMI Family Support Groups. They play an important role in ensuring all participants feel welcomed and supported.

NAMI Family Support Group Facilitators are uniquely qualified to lead support groups because they are personally a family member or ‘like family’ friend of a loved one living with mental illness.

By utilizing NAMI-trained support group methods, they empathize with and encourage those who are just beginning the journey to a renewed life.

A NAMI Family Support Group Facilitator ensures that the group shares responsibility for maintaining guidelines, sustains clear participant boundaries, clarifies goals, and reinforces communication skills that encourage group participation.

**Minimum Requirements for Volunteer Facilitators**

- Are personally a family member or ‘like family’ friend of a loved one living with mental illness
- Committed to facilitating or co-facilitating Family Support Groups in his/her community for a minimum of one year
- Respects his/her own emotional and physical resources and limitations
- As a facilitator, does not act in the capacity of therapist or any other health professional
- Adheres to the integrity of the NAMI Family Support Group model. Demonstrates this at each group by utilizing the facilitation tools and skills he/she has been trained by NAMI to provide
- Facilitates each meeting to the best of his/her ability
- Willingness to participate in continued development to provide the best support group experience possible and continually improve facilitator skills
- Respects cultural and lifestyle differences of group participants
- Understands that his/her behaviors reflect on the integrity and perception of NAMI and the programs NAMI offers and, therefore, keeps personal opinions and actions separate from those made as a NAMI leader
- Is (or willing to become) a member of NAMI