



Increased national attention is being paid to the needs of transition-age youth and young adults living with mental health conditions. The time is long overdue. It is this need that led NAMI to collaborate with a group of young adults in creating strengthofus.org.

This newly launched Web site consists of a user-driven social networking community and on-line resource center uniquely designed for youth and young adults. It allows them to connect with peers, to share information and to provide mutual support.

Strengthofus.org users can share personal stories, creativity, blog entries and status updates on “The Wire,” along with much more.

The site also offers a variety of resources on issues that are important to youth and young adults, including:

- Healthy relationships
- Family and friends
- Independent living
- Campus life
- Employment
- Mental health issues and
- More



Much is happening in the online community now. Join the conversation and activity at strengthofus.org. Also, please share this information with others in your community.

Further information on NAMI can be found by visiting:
www.nami.org.

