

"This is a great step-by-step program that walks parents every step of the way. It is as if you are holding their hand through it all."

NAMI Basics Participant

NAMI Basics Education Program

- Available in 40 states in the U.S.
- Available in some communities in Spanish as Bases y Fundamentos de NAMI.

To locate a class, visit nami.org/local and contact the NAMI Affiliate in your area.

Basics

**A Free Peer
Education Program**

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

www.nami.org/basics

NAMI Helpline:
800-950-NAMI or info@nami.org



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National Alliance on Mental Illness**
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"This class was unexpectedly wonderful! I did not expect to learn so very, very much! It covers so much more than basics that the title doesn't do it justice."

NAMI Basics Participant



NAMI Basics Education Program

An education program specifically for parents and other family caregivers of children and adolescents experiencing mental health challenges.

As a caregiver of a child or adolescent with a mental health condition you face unique challenges: social stigma, complex family dynamics, navigating the school system, unpredictable aspects of these conditions. It can be overwhelming.

NAMI Basics provides you with skills, knowledge and a community of people who can relate to your experience.

You will learn from people like you, who get it, who have been there. Trained peers will guide you on how to better understand and support your child while maintaining your own well-being.

What should I know?

- Open to parents and family caregivers of people younger than 22 who are experiencing mental health challenges.
- Meets for six sessions.
- Free of cost to participants.
- Taught by trained family members whose children experience mental health challenges.
- No specific medical therapy or medication is endorsed or recommended.

Why should I attend?

- Find a community of support.
- Gain practical up-to-date information about mental health challenges.
- Learn how to effectively advocate for your child with the school and mental health systems.
- Develop problem solving and communication skills.