

"I thought my wife and I knew just about everything there is to know about the system and the illness. Boy, were we wrong. Without a doubt, this is the best support course I have had the privilege of taking part in, bar none."

NAMI Family-to-Family Participant

About NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

We get it. We've been there.

NAMI embraces people living with mental illness and their families who are often isolated. We offer understanding and support unique to those who are affected by these conditions.

NAMI means more than hope. We educate families and individuals and we advocate in every corner of the country to ensure better lives for everyone.

We offer outstanding peer-led programs that educate and offer support. Thousands of trained volunteers bring these programs to a variety of communities.

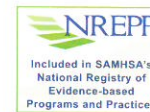
NAMI Family-to-Family Education Program

- Available in 48 states in the U.S. and in Canada, Italy and Mexico
- Listed in the National Registry of Evidence-based Programs and Practices (NREPP)
- Available in some communities in Spanish-language as De Familia a Familia de NAMI

For the most up-to-date course locations and information, please visit www.nami.org/F2F, phone the NAMI HelpLine at **1 (800) 950-NAMI (6264)** or email info@nami.org. Or contact your local NAMI Affiliate.



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Family-to-Family

A Free Peer Education Program



"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources I never knew existed."

NAMI Family-to-Family Participant



NAMI Family-to-Family

An education program specifically for family members and friends of adults who live with mental illness.

As a loved one of a person with mental illness, you face unique challenges: social stereotypes and stigma, complex family dynamics, changing medical developments. It can be overwhelming.

Our program helps you. NAMI Family-to-Family gives you information, crucial resources and access to a community of people who relate to your experiences.

You will learn from people like you who get it, who have been there. Trained peers will guide you to know how to better understand and support your loved one while maintaining your own and your family's well-being.

What should I know?

- Open to all family members and friends of adults who live with mental illness
- Meets for 12 sessions
- Free of cost
- Taught by trained family members of people living with mental illness
- Includes presentations, interactive exercises and group discussions

Why should I attend?

- Gain practical, up-to-date information about mental health conditions
- Understand the latest treatment options including medications
- Discover problem solving techniques, coping strategies and communication skills
- Learn how to advocate for your family member through the mental health system
- Find community support in a confidential setting