

"Teachers were so helpful. They were committed to helping us and were very open about their experiences."

"It's not my son's fault. He isn't being 'difficult' on purpose. It's the illness and it's real."

"I learned that we were not alone and others are willing to share their experiences with no judgement."

-NAMI Basics Participants



Basics A FREE Peer Education Program

**YOU ARE
NOT
ALONE**

About NAMI

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

NAMI St. Tammany and its dedicated volunteers work tirelessly to provide essential education, advocacy, support and resources for people living with mental illness in our community and for their families.

What should I know?

- Open to parents and family member caregivers of people younger than 22 who experience mental health conditions.
- Taught by trained family members whose children experience mental health conditions.
- Includes presentations, interactive activities and group discussions.
- Meets for six weekly sessions.

Why should I attend?

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

Begins Wednesday, February 21, 2018

Registration is required and space is limited.

To register for this program or for more information on mental health resources and support, please contact



(985)626-6538 • toll free (888)521-2297

info@namisttammany.org • www.namisttammany.org