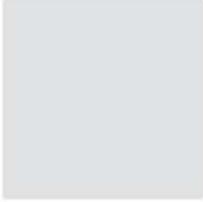




# NAMI



## EDUCATION AND SUPPORT PROGRAMS



# Improving Lives:

BE PART OF THE

# SOLUTION

For Families and Individuals Affected by Mental Illness





Mental illness can affect persons of any age, race, religion or socioeconomic status. The World Health Organization reports that four of the 10 leading causes of disability in the United States and other developed countries are mental disorders.

One in four adults experiences a mental health disorder in a given year. That means one in 17 adults, or 5 percent, lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder.

Fewer than one-third of adults and one-half of children with a diagnosable mental health disorder receive mental health services in a given year. In the United States, the annual economic, indirect cost of mental illness is estimated at \$79 billion. Most of that amount—approximately \$63 billion—reflects the loss of productivity as a result of illness.

Mental illness is a medical condition that disrupts a person’s thinking, feeling, mood, ability to relate to others and daily functioning, often resulting in a diminished capacity for coping with the ordinary demands of life. The good news about mental illness is that recovery is possible.

NAMI offers an array of peer education and support programs to help individuals living with mental illness and their families. NAMI offers help and a sense of community for parents, caregivers, veterans, health care providers and persons living with mental illness. NAMI National provides training, curricula, materials and technical assistance to thousands of volunteer teachers, trainers and facilitators who are committed to bringing these programs into their local communities.

NAMI is a pioneer in peer education, giving people affected by mental illness a place to turn to find a strong network of support and the tools to reclaim their lives.

Contact NAMI today to find out more about our grassroots affiliate network and the array of free education programs and services available.

[www.nami.org](http://www.nami.org)



Trainers and participants share their thoughts on NAMI programs:

*“I am so happy I found NAMI Basics. It is exactly the kind of thing that I have been looking for for years. Knowing it is available to other parents is really exciting for me.”*

— New York

*I only wish I could have taken Family-to-Family years ago. Words are inadequate to describe the gratitude, relief and peace of mind it has given me.*

— Florida

*Peer-to-Peer has given me a sense of who I am. I understand what is going on with me and I am able to cope. I have gained employment and am committed to my recovery. I’ve come a long way since I started.*

— Missouri

*“The In Our Own Voice presentation was extremely informative, eye-opening and led by amazing individuals. I really enjoyed it.”*

— California

*NAMI Connection changes lives and saves lives, and I am proud to be part of it!*

— Maryland





Many NAMI affiliates offer an array of courses for family members of people living with mental illness as well as for individuals living with mental illness themselves.

**Family-to-Family** is a free, 12-week course for families, partners and friends of individuals with serious mental illness taught by more than 3,500 trained NAMI family members and caregivers of individuals living with mental illness. The course dwells on the emotional responses families have to the trauma of mental illness; many family members describe their experience in the program as life-changing.

**De Familia a Familia** es un curso gratuito de 12 semanas dirigido por miembros capacitados de NAMI que han vivido la experiencia. Este programa ofrece educación y apoyo para familiares y amigos de personas con enfermedades mentales severas. Los participantes del curso adquieren información vital, conocimiento profundo y comprensión de su ser querido que muchos describen como una experiencia transformadora de vida.

**NAMI Family Support Group Program** is a free, monthly meeting of caregivers of individuals with a mental illness where family members can talk frankly about their challenges and help one another through their learned wisdom. These meetings are facilitated by trained NAMI members in affiliates across the country, and participants are encouraged to share actively in the work of the group.

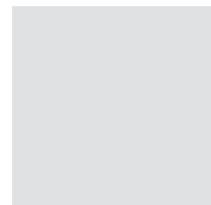
**NAMI Basics** is a free, six-week, peer-directed education program developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with a serious mental illness/serious emotional disturbance or who are experiencing symptoms but have not yet been diagnosed.

**Peer-to-Peer** is a free, 10-week, peer-led, recovery education course open to any person with a serious mental illness. Peer-to-Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness.

**NAMI Connection** is a free, weekly, 90-minute recovery support group for people living with mental illness where people learn from one another's experiences, share coping strategies and offer mutual encouragement and understanding. The groups provide an ongoing opportunity to discuss the challenges of living with mental illness and the techniques for maintaining wellness. All groups are facilitated by peers living in recovery.

**In Our Own Voice** is a unique public education presentation that offers insight into the hope and recovery possible for people living with mental illness. Trained individuals living with mental illness lead a brief, yet comprehensive and interactive, presentation about mental illness.

**The NAMI Provider Education Program** offers 30 hours of in-service training to line staff at public mental health agencies, taught by a trained five-member team of family members, individuals living with mental illness and a mental health provider who is either a family member or individual living with mental illness.



## **What Is NAMI?**

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education. Members of NAMI are families, friends and people living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.



**National Alliance on Mental Illness**

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