



nami **Family-to-Family**
National Alliance on Mental Illness



NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Some of those conditions covered in Family-to-Family are depression, schizophrenia, bipolar, anxiety disorder, and OCD to name a few.



NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.



CLASSES NOW FORMING IN MOUNT VERNON, IL.

To register or for more information, please contact NAMI SWI Office at (618) 798-9788 or send an email to info@namiswi.org.

What You'll Gain

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

REGISTRATION IS REQUIRED SINCE CLASS SIZE IS LIMITED AND FOR ORDERING ENOUGH MATERIALS.

NAMI SWI also offers support meetings for the individuals living with a mental disorder and for caregivers/ family members of persons with a mental disorder. There are specialty support meetings too. Check NAMI SWI website for a list of meetings in various locations within our 12 county catchment area.