

Did you know...NAMI SWI offers the following educational programs?

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.

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

NAMI Family-to-Family not only provides critical information & 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. 

NAMI Homefront National Alliance on Mental Illness

NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions. Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions.

Recovery is a journey and there is hope for all people affected by mental illness. This in-person group experience provides the opportunity for mutual support and shared positive impact. You will experience compassion & reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. 

NAMI Basics National Alliance on Mental Illness

NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics is offered in a group setting so you can connect with other people face-to-face.

You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. Last year, 99% of participants told us they would recommend the program to other parents.

The course is taught by a trained team with lived experience—they know what you're going through because they've been there. The six-session program provides critical strategies for taking care of your child and learning the ropes of recovery.

At NAMI Basics, you'll find out that you're not alone. Recovery is a journey, and there is hope. 

NAMI Peer-to-Peer National Alliance on Mental Illness

NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery.

Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

This in-person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness. 

NAMI In Our Own Voice National Alliance on Mental Illness

NAMI In Our Own Voice presentations change attitudes, assumptions & stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, 90-minute presentation.

NAMI In Our Own Voice adds a critical perspective to the popular understanding of what people with mental illness are like. Going to this presentation will provide you:

- A first-hand account of what it's like to live with a mental illness. Presenters humanize this misunderstood topic by demonstrating that it's possible—and common—to live well with mental illness.
- A chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispel stereotypes and misconceptions.
- The understanding that every person with a mental illness can hope for a bright future. 

For more information on any of these programs, go to: <https://www.nami.org/Find-Support/NAMI-Programs>.

If you would like NAMI SWI to present "In Our Own Voice" to your group OR if you are interested in taking any of the four classes, please contact the NAMI SWI Office at (618) 978-9788.