"I thought my wife and I knew just about everything there is to know about the mental health 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. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family’s unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

NAMI Family-to-Family Education Program

- Available in 49 states in the U.S. and in Canada, Israel and Mexico.
- Listed in the National Registry of Evidence-based Programs and Practices (NREPP).
- Available in some communities in Spanish as De Familia a Familia de NAMI.

To locate a class, visit nami.org/local and contact the NAMI Affiliate in your area.

www.nami.org/f2f

NAMI Helpline:
800-950-NAMI or info@nami.org

For additional resources and support, call our Helpline:
(800) 464-5767

NAMI Maine

NAMI National Alliance on Mental Illness

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"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, unpredictable aspects of the illness. 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 adult (18+) family members and friends of people who live with mental illness.
- Meets for 12 sessions.
- Free of cost to participants.
- 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.