

NAMI offers an array of programs for individuals living with mental illness and their family members, the general public and school and health professionals.



EDUCATION CLASSES

NAMI Basics is for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed. This course is also available in Spanish, Bases y Fundamentos de NAMI.

NAMI Family-to-Family is for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills, and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA. The course is also available in Spanish, De Familia a Familia de NAMI.

NAMI Homefront is for families, partners and friends of military Service Members and Veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their Service Member/Veteran.

NAMI Peer-to-Peer is a recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants. This program is also available in Spanish. De Persona a Persona de NAMI.

NAMI Provider Program offers 15 hours of in-service training to line staff at facilities providing mental health treatment services. The course is designed to expand the participants' compassion for the individuals and their families and to promote a collaborative model of care.



PRESENTATIONS

NAMI Ending the Silence is an in-school presentation designed to teach middle and high school students about the signs and symptoms of mental illness, how to recognize the early warning signs and the importance of acknowledging those warning signs.

NAMI In Our Own Voice is a presentation designed for the general public to promote awareness of mental illness and the possibility of recovery. This program is also available in Spanish, En Nuestra Propia Voz de NAMI.



SUPPORT GROUPS

NAMI Connection Recovery Support Group is a weekly or monthly support group for people living with mental illness. This program is also available in Spanish, NAMI Conexion.

NAMI Family Support Group Program is a weekly or monthly support group for family members, partners and friends of individuals living with a mental illness.

