



## FREE online education class for parents, guardians and family caregivers of youth who are experiencing mental health symptoms.

*"Teachers were so helpful. They were committed to helping us and were very open about their experiences."*

*"It's not my son's fault. He isn't being 'difficult' on purpose. It's the illness and it's real."*

*"I learned that we were not alone and others are willing to share their experiences with no judgment."*

*-NAMI Basics Participant*

### About NAMI

NAMI, National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

### What should I know?

- Open to parents and family member caregivers of people younger than 22 who experience mental health conditions.
- Taught by trained family members whose children experience mental health conditions.
- Includes presentations, interactive activities and group discussions.

### Why should I attend?

- The six-week course will meet virtually using Zoom.
- Gain practical, up-to-date information about mental health conditions.
- Learn how to effectively advocate for your child with the school and mental health care system.
- Develop problem solving and communication skills.

**Classes begin Wednesday October 7, 2020**

Registration is required and space is limited.

To register for this program or for more information on mental health resources, please contact:



**NAMI St. Tammany**  
National Alliance on Mental Illness

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