



## FREE online education class for family and friends of people with mental health conditions.

*"The course gave me hope that it will be okay, that I am not alone and reduced a lot of shame, guilt and hopelessness."*

*"I have a lot more compassion, patience & gratitude for my loved one. I am not blaming myself anymore for her mental illness."*

*"I am more aware of mental illness and how I can help my family members."*

-NAMI Family-to-Family Participants

### 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.

### Why should I attend?

- Gain practical, up-to-date information about mental health illness.
- Learn valuable communication and coping skills.
- Understand the lived experience of mental health conditions.
- Learn how to advocate for your family member in the mental health system.
- Find community support in a confidential setting.

### What should I know?

- The eight-week course will meet virtually using Zoom.
- For adult family members and friends of people who live with a mental health condition.
- Taught by trained family members of people who live with mental illness.
- Includes presentations, interactive activities & group discussions.

## Classes begin Tuesday, September 15, 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

Funded, in part, by a grant from:

**the human energy company**