Your checklist for success might include:

- Different Treatments or combinations of treatments, including medication, therapy, support groups, etc.

- Notifying your Primary Care Physician that you are receiving behavioral health services (especially if you are taking medication).

- Checking to see if any of your medications might conflict with other medications or natural remedies you are taking, or if those medications should not be used with alcohol or other over-the-counter drugs.

Programs are provided at no cost.

EDUCATION PROGRAMS -*Disponible en español.

Family to Family*: An 8-class course for family and friends of adults with mental illness.

Homefront: A six-session educational program for families, caregivers and friends of military service members and vets with mental health conditions.

Peer to Peer*: An 8-class course for people with mental illness focusing on recovery.

Ending the Silence: An early intervention program that engages middle and high school students in mental health education and discussion. Presentations are also available for school professionals, agencies working with children and adolescents, and parents.

In Our Own Voice*: A presentation given by individuals with mental illness sharing their stories about living with mental illness and achieving recovery.

NAMI Basics: A 6-class course for parents and caregivers of children and adolescents diagnosed with mental illness or serious emotional disturbance.

PEER LEADER AND PEER SUPPORT SPECIALIST TRAINING

Upon successful completion of Peer-to-Peer participants can apply for Peer Leader and Peer Support Specialist Training and receive a state certification number.

SUPPORT

Family support groups*: Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

NAMI Connection*: A weekly recovery-focused group for adults living with mental illness.

Heart to Heart: A friendship program for people with mental illness. Volunteers are trained and matched with individuals who have mental illness to talk and participate in social activities.

ADVOCACY

Schedule an appointment. Our Advocates are available to act as your second voice and to help you understand your rights whether you are an individual with mental illness or a family member; obtain mental health services and information; work with the public/private mental health and legal systems.

Know NAMI! We help all those impacted by mental illness. Whether you are a person with a mental disorder or a family member, NAMI is here to help!
When you encounter roadblocks or need special assistance, use this guide as one of your resources.