

Improving Lives

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education. Members of NAMI are families, friends and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

Many NAMI affiliates offer an array of support and education programs for **individuals** and families. For information about what is available in your community, contact your local affiliate directly or visit www.nami.org.

"This is the best program for families with children. It answers so many questions for parents. It can change and improve so many lives."

— NAMI Basics participant

How can I find a NAMI Basics course in my community?

For the most up-to-date course locations and information, please visit www.nami.org/basics, phone the NAMI HelpLine at 1 (800) 950-NAMI (6264) or e-mail info@nami.org.

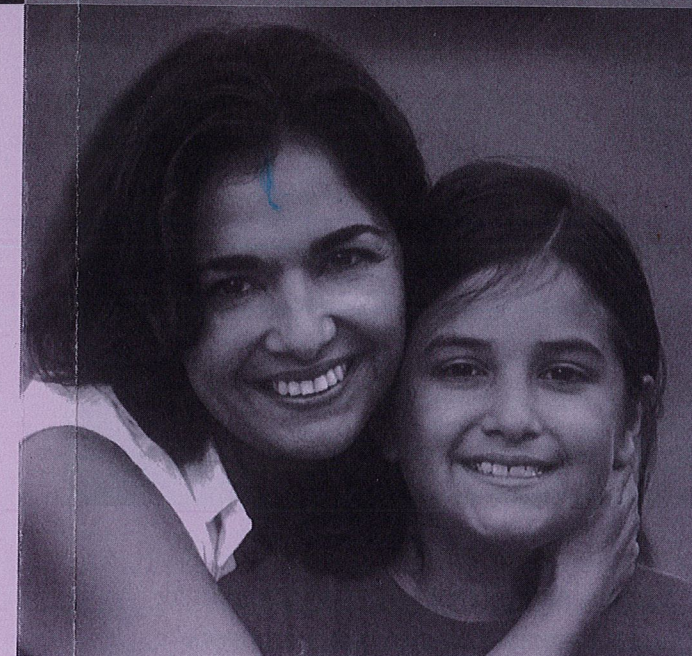
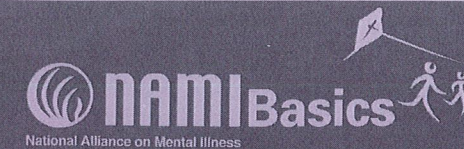
Local Information:

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402
Phone: (650) 638 0800
E-Mail: namismc@sbcglobal.net

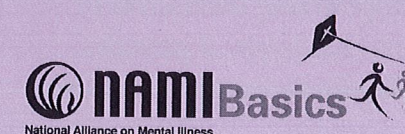


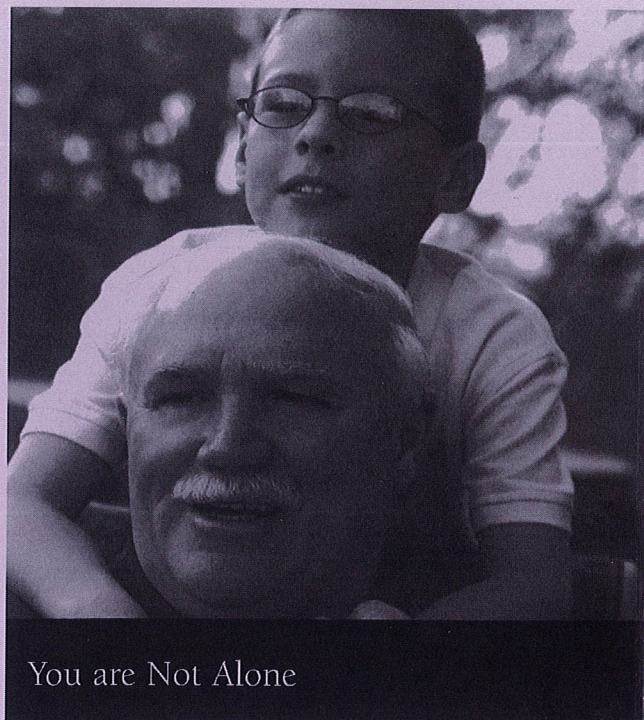
www.nami.org

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A free, six-session course for parents and other primary caregivers of children and adolescents living with mental illness





You are Not Alone

Parents and other primary caregivers of children and adolescents with mental illness have diverse and complex needs. Getting the right diagnosis and treatment, as well as education and support, is critical for the entire family.

Education and support for families helps them to live the best life possible while managing the trauma that often accompanies the onset of mental illness.

NAMI Basics allows families to connect to one another while learning about mental illness and empowering themselves to overcome new challenges. It provides information families want and need about their child.

Support and Education

What makes the NAMI Basics education program unique?

Taught by parents or other primary caregivers who have lived similar experiences with their own children, NAMI Basics is an educational program that provides learning and practical insights for families. Course elements include:

- The trauma of mental illness for the child and the family
- The biology of mental illness: getting an accurate diagnosis
- The latest research on the medical aspects of the illness and advances in treatment
- An overview of treatment options – treatment works
- The impact of a child's mental illness on the rest of the family – caregivers and siblings
- An overview of the systems involved in caring for children and teens and the importance of record keeping

"I love the idea that it is peer taught by parents, for parents."

NAMI Basics participant

The course:

- Is six different classes, 2-1/2 hours each, that may be offered on a weekly basis or in multiple classes per week
- Is offered free of charge
- Is taught by trained NAMI family members who have children with mental illness
- Follows a structured format covering issues frequently faced by families dealing with a child or teen with mental illness

Who can attend a NAMI Basics course?

The NAMI Basics course is specifically designed for parents and other primary caregivers of children and adolescents who are living with mental illness. It is not necessary that the child have received a specific diagnosis. Caregivers who suspect their child is experiencing symptoms of mental illness can also benefit greatly from the course as they begin to navigate the evaluation and treatment process.