

"NAMI Peer-to-Peer was a life-saving and an eye-opening experience that changed how I see myself."

NAMI Peer-to-Peer Participant



Peer-to-Peer

A Free Peer Education Program

- Available in more than 30 states in the U.S.
- Available in some communities in Spanish as De Persona a Persona de NAMI.

To locate a class, visit nami.org/local and contact the NAMI affiliate in your area.

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

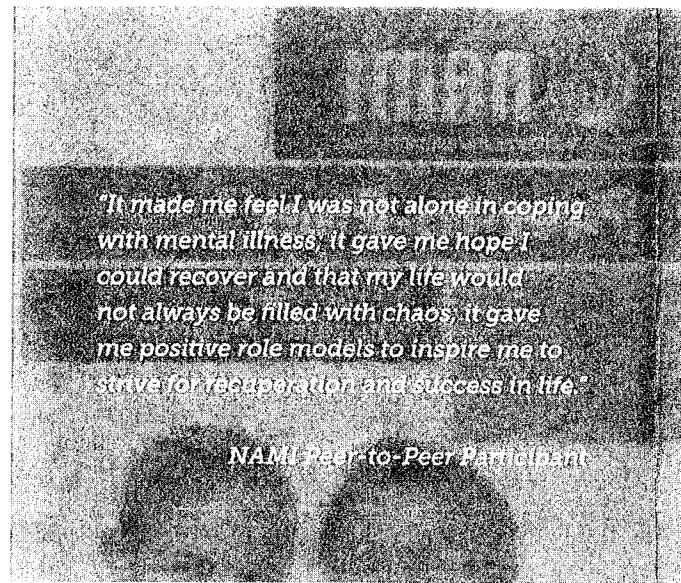
NAMI supports and enriches you and your family's unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

www.nami.org/p2p

NAMI Helpline:
800-950-NAMI or info@nami.org

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402
Phone: (650) 638 0800
www.namisanmateo.org





"It made me feel I was not alone in coping with mental illness, it gave me hope I could recover and that my life would not always be filled with chaos, it gave me positive role models to inspire me to strive for recuperation and success in life."

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NAMI Peer-to-Peer

An education program focused on mental health, wellness and recovery for anyone experiencing a mental health challenge.

Find hope in knowing you're not alone. Pursuing mental health involves patience, courage and the support of others.

NAMI Peer-to-Peer offers information, resources and a community of support to aid you in achieving your goals. Whether you're seeking to overcome stigma, manage tough family relationships or balance changing medical needs, the course provides the opportunity to learn new skills and share ideas with others that have similar experiences.



What should I expect?

- Open to adults (18+) living with mental health challenges.
- Meets for 8 sessions.
- Free of cost to participants.
- Guided by peers who successfully manage their own recovery and wellness.
- No specific medical therapy or medication is endorsed or recommended.

Why should I attend?

- Find support in a sincere, confidential setting.
- Set personal goals.
- Become your own advocate.
- Improve coping and problem-solving skills.
- Learn about community resources.