NAMI Basics

National Alliance on Mental Illness

NAMI Basics Education Program: The fundamentals of caring for you, your family and your child with mental illness

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What is NAMI Basics?

NAMI Basics is a free six week education course for parents and other family caregivers of children and adolescents living with mental illness. This course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

What are the goals of the NAMI Basics program?

1. To give the parent/caregiver the fundamental information necessary to be an effective caregiver.
2. To help the parent/caregiver cope with the traumatic impact that mental illness has on the child living with the illness and the entire family.
3. To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.
4. To help the parent/caregiver take the best care possible of the entire family – especially themselves.

How can I find a class in my area?

NAMI Basics is currently available in 29 states; please visit www.nami.org/basics for list of states. For specific class information in those states, please contact the appropriate state NAMI office.

Find NAMI Basics on facebook!

www.facebooks.com/NAMIBasicsProgram

What People are saying about NAMI Basics

"The course is inclusive of almost all aspects of family and child and resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."