

Need help understanding your loved one who has a mental illness?

NAMI Family-to-Family Education Program is a free, 12-session program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help participants understand and support their loved one living with mental illness, while maintaining their own well-being. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness. Topics include:

- *Schizophrenia
- *Bipolar Disorder
- *Major Depression
- *Anxiety & Panic Disorders
- *Dual Diagnosis
- *Borderline Personality Disorder
- *OCD
- *Coping Skills
- *Medications & Brain Biology
- *Crisis & Relapse



Participant Perspectives

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

NAMI ON MARTHA'S VINEYARD

Beginning Weekly on Thursday, March 5, 2020

6:00 – 8:30 pm **Vineyard Haven**

To register or for more information:

Call: Lisa Belcastro at 508-776-3746 or email namilonthevineyard@namicapecod.org

NAMI, the 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. NAMI's dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.