



## What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and teens (18 or younger) who are experiencing symptoms of mental illness or who have already been diagnosed. NAMI Basics helps parents and other family caregivers of children understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties.

NAMI Treasure Valley, the local organization of the National Alliance on Mental Illness, will offer its NAMI Basics Education Program in April 2020. Please go to [tvnami.org](http://tvnami.org) or call (208) 801-1609 and sign up today!



## Some of what NAMI BASICS covers:

- Managing crises, solving problems and communicating effectively
- Empowering you through education to advocate for your child's rights at school and in the health care settings
- Understanding the challenges and impact of mental health conditions on your entire family
- Learning about current treatments, including evidence-based therapies, medications and side effects.

Contact us to register for NAMI Basics class!



### Questions Contact:

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### About NAMI

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 Treasure Valley is an affiliate of NAMI Idaho. NAMI Treasure Valley and dedicated volunteer 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.