



NAMI Basics is a free, 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This class is taught by trained teachers with lived experience raising a child with a mental health condition. They know what you're going through because they've been there too.

NAMI Basics covers the impact mental health conditions can have on your entire family. Different types of mental health care professionals, available treatment options and therapies. An overview of the public mental health care, school and juvenile justice systems and resources to help you navigate these systems. How to advocate for your child's rights at school and in the healthcare settings, the importance of taking care of yourself and so much more!

English (virtual)	Begins July 18	Ends August 3	Tues & Thurs 6:00- 8:30 PM	Event Information – NAMI San Diego
English (virtual)	Begins August 29	Ends September 14	Tues & Thurs 6:00- 8:30 PM	Event Information – NAMI San Diego



Participant Perspectives

"This is such a great step by step program that walks parents through every step. It's as if they're holding your hand through it all."

"This class was unexpectedly wonderful! I did not expect to learn so very, very much! This program is well written with excellent segues between topics. It covers so much more that BASICS- the title doesn't do it justice."



Contact us for more information about NAMI Basics class:
basics@namisd.org

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 San Diego** is an affiliate of NAMI **California**. **NAMI San Diego** 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 with mental health conditions and their loved ones.

Funded through San Diego County Behavioral Health Services, Mental Health Services Act (MHSA)