

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. The course provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held for two hours each session
- Taught by trained Peer Mentors living in recovery
- A great resource for information on mental health and recovery



Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

**Currently there are not any Peer-to-Peer Courses open for enrollment.
To be placed on the Interest List for future Peer-to-Peer Courses:**

Follow this link <https://namisandiego.org/event-registration/?ee=1128>

Email p2p@namisd.org

Call: 858-634-6580 ext. 109

Course Topics List

Session 1

Welcome
Introductions
Course orientation
Questions and answers

Session 2

Icebreaker
Group ground rules
Discussion on course values
Mental illnesses as traumatic experiences
Consumer stages of recovery
Stigma
Culture
Mindfulness

Session 3

“It’s not my fault”- mental illnesses as no-blame disorders
Brain biology and research
The challenges and benefits of medication
Relapse prevention
Creative visualization
Mindfulness

Session 4

Storytelling- sharing of personal experiences
Mindfulness

Session 5

Information and discussion about:
Schizophrenia
Depression
Bipolar Disorder
Schizoaffective Disorder
Borderline Personality Disorder
Relapse prevention continued
Accounts of wisdom and strength
Mindfulness

Session 6

Information and discussions about:
Generalized Anxiety Disorder
Panic Disorder
Obsessive Compulsive Disorder
Post-Traumatic Stress Disorder
Dual Diagnosis
Relapse prevention continued
Substance abuse and addiction
The role of acceptance in recovery
Mindfulness

Session 7

Understanding emotions
Complete relapse prevention
Focusing on experiences of joy
Spirituality
Physical health and mental health
Mindfulness

Session 8

Suicide and prevention
Coming out of isolation
Mental illness and disclosure
Take-home tool for making difficult choices
Surviving a hospital stay
Advance Directive for Mental Healthcare
Decision Making
Mindfulness

Session 9

Guest speaker
Hot buttons and triggers
Working with providers
Advance Directive continued
Incarceration- survival and preparedness
Mindfulness

Session 10

Another look at consumer stages of recovery
Empowerment
Advocacy
Opportunities for involvement in NAMI
Mindfulness
Evaluations
Celebration