Mental Illness Affects Everyone

1 in 4 American adults and 1 in 5 children will experience mental illness this year.

NAMI provides support, education, and advocacy.
All **NAMI** services - including classes - are **free**.

All **NAMI** educational meetings are **open to the public**.
Basics Class provides essential information for parents and other caregivers of children and adolescents living with mental illness.
Family to Family class is a 12-week course for family caregivers of individuals living with mental illness.
The *Peer to Peer* class is for persons living with a mental illness. The goal is to establish and maintain wellness and recovery.
Mental health professionals present monthly, *interactive educational meetings* for NAMI.
How you can get Involved

• Attend NAMI meetings and social events
• Volunteer
• Support stigma busting
• Advocate for improved services
• Log on to NAMITri-County.org
• Make a financial donation to NAMI
We call it the NAMI Effect...

We understand; we know treatment works.

...Find Help; Find Hope.