



NAMI Basics

National Alliance on Mental Illness



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 adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to 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 prior to age 13.

NAMI Basics OnDemand

NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. NAMI Basics OnDemand is an adaptation of the in-person course offered in 43 states by NAMI affiliates.



Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office.”

Register for NAMI Basics OnDemand today: <https://basics.nami.org>

 **NAMI** Southwest Iowa
National Alliance on Mental Illness

PO Box 143

Neola, IA 51559

712-542-7904

namiswiowa@gmail.com

www.namisouthwestiowa.com

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 Southwest Iowa is an affiliate of NAMI Iowa. NAMI Southwest Iowa 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.

YOU ARE
NOT WE ARE HERE FOR YOU!
ALONE



Community Connections

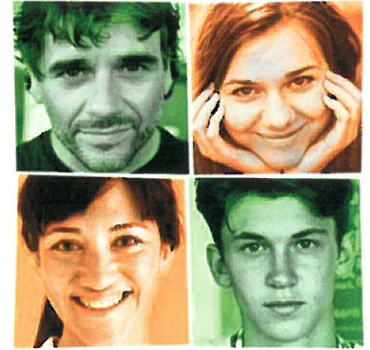
Weekly self-care and stress relief virtual groups for parents, students and school staff.

Parents: Monday evenings at 7:00pm

Students: Tuesday evenings at 7:00pm

Teachers & School Staff: Thursday evenings at 7:00pm

Call **712-542-7904** for more information or visit our website at www.namisouthwestiowa.com to sign up!



**HOPE
4OWA**

CRISIS CALL LINE

844-673-4469

Our heartfelt thanks to:



<https://www.swiamhds.com/>



NAMI Connection is a support group for people with mental health conditions. Anyone living with mental illness seeking a support group is welcome to join us!

Call **712-542-7904** for more information.



COVID Recovery Iowa offers free virtual counseling and assistance for all Iowans affected by COVID-19. COUNSELORS AVAILABLE 24/7. **CALL 1-844-775-WARM (9276)**

or visit

www.COVIDrecoveryiowa.org



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