



Now Available Online

Do You Have a Child with Mental or Behavioral Difficulties?

NAMI Basics is a 6-session evidence-based education program for parents, caregivers and family members who provide care for youth experiencing mental health symptoms. This program is at ***NO cost to you!***



The OnDemand program is guided by parents with lived experience and is self-paced and available 24/7 online. It offers the flexibility to participate within your own schedule.

What is Covered in the Course:

- The impact mental health can have on an entire family
- Available treatment options and therapies
- An overview of the public mental health care, school systems, and juvenile justice systems
- How to be an advocate for your child
- How to prepare for and respond to crisis situations
- The importance of taking care of yourself

How to Sign up for NAMI Basics OnDemand:

Contact Phyllis Seyler
pseyler@namimchenrycounty.org
Phyllis will get you started on the online education sessions and include you in the 6-week Parent Support & Resource Workshop.

Why Parent Support and Resource Workshop?

Parents can come to share stories, obtain additional resources, and connect with others who are facing similar journeys. Reinforce the lessons learned through NAMI Basics OnDemand with interactive discussions facilitated by NAMI Trained Facilitator. *This six week 90-minute workshop offered at NO Cost includes childcare services for children 13 and under.*

Date and Location will be determined once we have a group of at least 12 participants.

Pre-requisite; sign-up for [Basics OnDemand](#). When you have completed the online course, email [Phyllis](#). Provide your *full name, address, phone & email address*. Your name will be added to the list for the workshop and you will be notified when it begins.