

Who is NAMI McHenry County

NAMI McHenry County strives to take care of both sides of a home. On one side we have the individual who is living with a mental illness diagnosis and on the other side you have the caregiver who is supporting a loved one with a diagnosis. We provide our services through the following Key Concepts:

Support through **Groups** and **One-on-One appointments** with a Recovery Support Specialist or Family Advocate. Our support groups meet weekly for both individuals (Connection Support Group, led by peers living well with a diagnosis) and families/caregivers (Family Support Group, led by peers also supporting individuals with a diagnosis). **Questions?** [Tina Karaway](#)

Education consists of **evidenced-based** programs. **Peer-to-Peer** is for adults with mental health conditions who are looking to better understand themselves and their recovery. **Family-to-Family** course is designed to help Adult family members understand and support their loved one living with mental illness, while learning to maintain their own well-being. **Basics OnDemand** is an online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. **QPR Suicide Prevention Training**, this QPR presentation will teach you simple suicide prevention techniques. Much like CPR or the Heimlich maneuver, the use of QPR may save a life. **WRAP (Wellness, Recovery, Action, Plan)** course provides a personal manual for wellness that can be used for many facets of life for the individuals wanting to learn how to live a life of wellness and recovery. **MHFA (Mental Health First Aid)** these classes are appropriate for anyone 18 years and older who desire to learn how to help a person who may be experiencing a mental health related crisis. We also provide **other educational events** to our community to help answer questions they have relating to mental illness by professionals in that field. **Questions?** [Lachell Jeffries-Hanson](#)

Advocacy to empower both the individual and the family/caregiver to speak out loud for both their rights and needs when it comes to mental illness. We supply resources and connect them with other agencies to keep them on the path of recovery. **Questions?** [Tina Karaway](#)

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. We offer an array of wellness workshops / classes giving the opportunities to individuals (18 years or older) who are interested in learning tools to maintain an optimal level of wellness in their lives.

All Services currently provided virtually, Always at NO Cost.

Contact Us...

- Alex Campbell, Executive Director, acampbell@namimchenrycounty.org
- Phyllis Seyler, Director of Programs, pseyler@namimchenrycounty.org
- Tina Karaway, Senior Recovery Support & Family Advocate, tkaraway@namimchenrycounty.org
- Lachell Jeffries-Hanson, Educational Programs Coordinator, lachell@namimchenrycounty.org

VISION

A world where mental health, and all of its challenges,
are accepted...reflecting a new normal!

MISSION

NAMI McHenry County's mission is to provide support, education and advocacy in order to improve the quality of life and wellness of individuals with mental health conditions and their families at no cost.