



Now Available OnDemand

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 (age 22 or younger) 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.



Program Highlights Include:

- Solving problems and communicating effectively
- How to take care of yourself and handle stress
- Accepting that mental health conditions are no one's fault
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
- Learning about different types of mental health care professionals, available treatment options and therapies
- Preparing for and responding to crisis
- Gaining an overview of the public mental health care, school and juvenile justice systems
- Understanding the challenges and impact of mental health conditions on your entire family
- Brain biology and getting a diagnosis

Learn More at:

[NAMI McHenry County Education](#)

How to Sign up for NAMI Basics OnDemand:

[NAMI Basic OnDemand](#)



**McHenry
County**

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