

About NAMI San Diego

NAMI San Diego is made up of people who understand what it is like to experience a mental illness—either by having one or knowing someone else who does. At the heart of NAMI San Diego's mission is the sharing of information and striving to end the stigma associated with mental illness.

Mental illnesses are brain disorders and biologically based medical problems. Living with a mental illness has nothing to do with lack of willpower, nor is it based on race, age, religion or social status. Some examples include:

- Major depression
- Schizophrenia
- Bipolar disorder
- Anxiety/panic disorders

Simply put, a mental illness can affect anyone, anywhere; that's why we are here to help.

NAMI provides valuable resources available throughout San Diego county in the areas of support, education and advocacy. All you have to do is ask.

For more information on NAMI Basics please contact:

NAMI San Diego
4480 30th Street
San Diego, CA 92116

Phone: (619) 543-1434
Toll-free: (800) 523-5933
Fax: (619) 584-5569

www.namisaniego.org
Email: information@namisd.org

Also visit:

www.nami.org
www.namicalifornia.org



San Diego's Voice On Mental Illness

NAMI *BASICS* *EDUCATION PROGRAM*



*The fundamentals of
caring for you and your
child with mental illness*

*619-543-1434
800-523-5933
www.namisaniego.org
www.nami.org*

This program is offered by NAMI San Diego, a non-profit organization affiliated with the National Alliance on Mental Illness

NAMI *BASICS*

EDUCATION PROGRAM

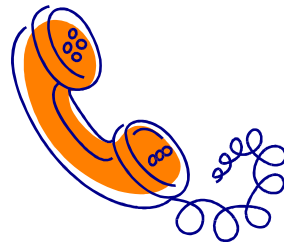
NAMI BASICS is a new education program for parents and other care givers of children/adolescents living with mental illness. NAMI drew on course elements which have been extensively tested and found to be highly effective.

These elements include:

- recognition of mental illness as a continuing traumatic event for the child and the family
- Sensitivity to the subjective emotional issues faced by family caregivers and well children in the family
- Recognition of the need to help reduce the day-to-day objective burdens of care and management
- Gaining confidence and stamina for what can be a life-long role of family understanding and support
- Empowerment of caregivers as affective advocates for their children

The **NAMI BASICS** education program includes the following components:

- Six 2.5 hour classes of instructional material, discussions and interactive exercises
- A section of the NAMI website dedicated to disseminating information, including informational videos and resources for the program
- In addition to the core six classes, additional topic modules will be available for independent presentations



**Call 619.543.1434 or 800.523.5933
to be included on the waiting list**



San Diego's Voice On Mental Illness

To get your school involved, ask us about:

PARENTS AND TEACHERS AS ALLIES



Parents and Teachers as Allies is a dynamic educational team presentation designed to advance mutual understanding and communication between families and school professionals. The idea is that the more education there is available, the less stigma, fear and disruption there will be in regards to students with mental illness.