

## National Alliance on Mental Illness

During this uncertain time of Covid 19 and it's FREE:

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through [NAMI Basics OnDemand](#).

The in-person course is taught by a trained team with lived experience raising a child with a mental health condition. They know what you're going through because they've been there too.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on *your* schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Basics>