



# NAMI Basics

National Alliance on Mental Illness



## NAMI Basics Education for Parents/Caregivers of Children/Teens with Mental Illness

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with mental illnesses. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that cause behavioral and emotional difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties.

NAMI Livingston/McLean offers the NAMI Basics Education Program  
See the web site <http://namilivingstonmclean.org> for details.



### Participant Perspectives

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

**Contact us to register for this NAMI Basics class!**



**NAMI**  
National Alliance on Mental Illness

**Livingston/  
McLean Counties**

### To register or for more information

- Web site: <http://namilivingstonmclean.org>
- E-mail: [Basics@NamiLivingstonMcLean.org](mailto:Basics@NamiLivingstonMcLean.org)

### Call us with any questions

- Basics Instructors:
  - Carol (309) 287-2450
  - Mary Anne (309) 532-2582

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Livingston/McLean is an affiliate of NAMI Illinois. NAMI Livingston/McLean and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.