

# Understanding Mental Illness

## Mental Health Education

Free classes for family & friends of people  
living with a mental health condition



We offer a series of 12 weekly classes structured to help you understand and support individuals with mental illness while maintaining your own well-being.

These *free* NAMI classes are for family members, partners and friends of individuals with serious mental illness such as depression, bipolar disorder, schizophrenia, anxiety disorders and more. Research shows that this program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

### ***What you'll gain:***

- Strategies to manage crises, solve problems, and communicate effectively
- Up-to-date information on mental health conditions and how they affect the brain
- Information about symptoms, therapies, medications, and side effects
- Tips on self-care and stress management

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone.

**Contact us to learn more and reserve a spot in an upcoming class:**

**Arlington Heights:** Wednesday's, September 13<sup>th</sup> – November 29<sup>th</sup>, 6-9 pm

**Lake Zurich:** Tuesday's, September 12<sup>th</sup> – November 28<sup>th</sup>, 6-9 PM

**Call Teri at 847-809-6038 to learn more and reserve a spot in an upcoming class.**

Check out [namiba.org/education/family-to-family-classes/](http://namiba.org/education/family-to-family-classes/) to learn more.

