



### What is NAMI Basics?

NAMI Basics is a free, six session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing these behavioral 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/family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

### What are the goals of NAMI Basics?

- To give the parent/caregiver the fundamental information necessary to be an effective caregiver
- To help the parent/caregiver cope with the impact that emotional and behavioral difficulties have on the child and the entire family
- To provide tools for the parent/caregiver to use even after completing the program that will assist them in making the best decisions possible for the care of the child
- To help the parent/caregiver take the best care possible of the entire family—especially themselves

- NAMI Basics began in 2008
  - NAMI Basics classes taught: more than 300 \*
  - NAMI Basics volunteer parent/caregivers trained to teach: more than 350
  - NAMI Basics program graduates: more than 2,500 \*
  - NAMI Basics is available in 36 states \*
  - NAMI Basics is available in Spanish: NAMI Bases y Fundamentos
- \*as of May 2012

### What people are saying about NAMI Basics?

- “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.”
- “I wish I had known about the program sooner! Taking this course was one of the best decisions I have made. I learned to be more empathetic and understanding with my daughter.”
- “NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office.”

### 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 advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

### How can I find a NAMI Basics class?

Contact your NAMI Affiliate if you or someone you know would like to attend a NAMI Basics class. You can also visit [www.nami.org/local](http://www.nami.org/local) or call (800) 950-NAMI (6264).



National Alliance on Mental Illness  
[www.nami.org](http://www.nami.org)  
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