



Southwestern
Pennsylvania

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For Immediate Release

**NAMI ANNOUNCES NEW COMMUNITY EDUCATION CLASSES IN JUNE
NAMI Partners with Western Psychiatric to Offer Classes on Mental Illness and Addiction**

Pittsburgh, Pa.— NAMI is pleased to announce a series of community wellness classes in June that focus on mental health and addiction. The interactive classes are offered to anyone wanting to learn more about mental illness or addiction and taught by experts in the mental health and/or addiction fields along with family advocates. Experts include physicians and staff at Western Psychiatric Institute and Clinic of UPMC and NAMI Southwestern Pennsylvania. Registration for these classes, which are limited in size, must be in advance. Cost is \$30 per class, and child care is provided at no charge.

You are Not Alone: Facts About Mental health and Mental Illness

This class provides an overview of some of the more common mental health conditions including anxiety, depression, bipolar disorder, schizophrenia, post traumatic stress disorder, phobias, hoarding and obsessive compulsive disorder. Experts will review substance abuse, the symptoms and the different kinds of treatments available. How to find help will also be discussed.

- **Thursday, June 6** from 10 a.m. to 12 p.m. – Kaufmann Center at Hill House
- **Wednesday, June 12** from t 6:30 to 8:30 p.m. – Pleasant Hills Presbyterian Church

You are Not Alone: Someone in My Life is Depressed, What Can I Do?

Depressed individuals may withdraw from family and friends and the activities they enjoy. Others may experience symptoms including low energy, a change in eating and sleeping habits, and loss of sexual interest. This class will give an overview of depression and the types of treatment available. Experts will provide information about available resources and what can be done to help a loved one.

- **Wednesday, June 19** from 10 a.m. to 12 p.m. – Rodef Shalom
- **Thursday, June 27** from 6:30 to 8:30 p.m. – UPMC Passavant

To register for the classes, visit <https://classes.upmc.com> or call (412) 204-9090. Classes are sponsored by Western Psychiatric Institute & Clinic, Allegheny Family Network and NAMI Southwestern Pennsylvania.

NAMI Southwestern Pennsylvania (an affiliate of the National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness through recovery focused support, education and advocacy. More information is available at www.namiswpa.org or by calling (412) 366-3788.

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