



What is the NAMI Basics Education Program?

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 those 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 or family caregivers of individuals who have experienced emotional or behavioral difficulties prior to age 13.

NAMI Keystone Pennsylvania, the official state NAMI organization in Pennsylvania, offers the NAMI Basics Education Program throughout year. Visit www.namikeystonepa.org to learn more about NAMI Basics and other signature education programs.



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 NAMI Keystone Pennsylvania to register for a NAMI Basics class.



NAMI
National Alliance on Mental Illness

Keystone
Pennsylvania

NAMI Keystone Pennsylvania

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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 Keystone Pennsylvania and dedicated volunteers, 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.