

# YOU ARE NOT ALONE

**NAMI Lowcountry** has programs of education and support for people living with mental illness, and for their families and caregivers. All our programs are offered free of charge.

## SUPPORT GROUPS

### NAMI Family Support Group

A support group for family members, significant others, and friends of people with mental health conditions. Gain insight from the challenges and successes of others facing similar experiences.

### NAMI Connections Support Group

A support group for people with mental health conditions. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who have had their own mental health challenges.

## OUR EDUCATION PROGRAMS

### NAMI Family-to-Family

NAMI Family-to-Family is an 8-session educational program for family, significant others and friends of people with mental health conditions.

### NAMI Basics

A class for parents, guardians and other family caregivers who provide care for youth (age 22 or younger) who are experiencing mental health symptoms.

### NAMI Peer-to-Peer

An eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

### NAMI First Responders

Introduces community first responders to the unique perspectives of people with mental health conditions and their families. You will develop enhanced empathy for their daily challenges and recognize the importance of including them in all aspects of the treatment process.

### NAMI Homefront

A 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.

### NAMI Bases Y Fundamentos

Un programa de educación de 7 semanas para las familias y los cuidadores de niños y adolescentes con enfermedad mental. Lleno de información valiosa sobre el cuidado de un niño o adolescente con enfermedad mental.

## OUR PRESENTATIONS

Presentations are offered periodically, if requested or when a need is identified. Please contact us to request a presentation.

### NAMI Family & Friends

A 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them.

### NAMI Advocacy

A hands-on training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

### Compartiendo Esperanza

Es una serie de videos de tres partes que explora el viaje del bienestar mental en las comunidades hispanas/latinas a través del diálogo, la narración de historias y una discusión guiada.

### NAMI FaithNet

A resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities that are welcoming and supportive of persons and families living with mental illness.

### NAMI Ending the Silence

A 50-minute engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

*Ending the Silence is presented to schools and other organizations on request.*



Please sign up for our newsletter to stay informed on the latest classes, groups, and mental health information.

Visit our website [www.namilowcountry.org](http://www.namilowcountry.org) for more information.

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