

"It's the first step I have taken to get more involved personally with the VA. The first step I have taken to take care of me."

NAMI Homefront Participant

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey toward wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to your communities every day. We invite you to join our movement to ensure better lives for everyone.

NAMI Homefront

- Available in community settings and online
- Adapted from the evidence-based NAMI Family-to-Family program

To locate a class, visit www.nami.org/local and contact the NAMI Affiliate in your area.

www.nami.org/homefront

NAMI HelpLine
800-950-NAMI or info@nami.org



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Homefront

**A Free Peer
Education Program**



"You realize that he will never be the same having been through war. I learned to treat him more as an adult than as a hurt child."

NAMI Homefront Participant

NAMI Homefront

An education program specifically for loved ones of military Service Members and Veterans who experience symptoms of a mental health condition.

When an important person in your life has a mental health condition, you face unique challenges: complex family dynamics, social isolation and unpredictable aspects of the disorder. It can be overwhelming. When your loved one is a member of the military or a Veteran, there can be additional complicating factors including combat injuries, post-traumatic stress and transitioning back to civilian life.

We are here for you. NAMI Homefront offers you information, resources and access to a community of people who relate to your experience.

You'll learn from others who've been where you are. They'll guide you through how to better understand and support your loved one while maintaining your own and your family's well-being.



What should I know?

- Open to adult loved ones of military Service Members or Veterans experiencing symptoms of a mental health condition
- Meets for six sessions
- Free of cost to participants
- Taught by trained family members of Service Members and Veterans living with mental health conditions
- Includes presentations, interactive experiences and group discussions

Why should I attend?

- Gain practical, up-to-date information about mental health conditions, including post-traumatic stress disorder (PTSD), depression and substance abuse
- Understand the latest treatment options, including evidence-based therapies and medications
- Discover problem-solving techniques, coping strategies and communication skills
- Find community support in a confidential setting