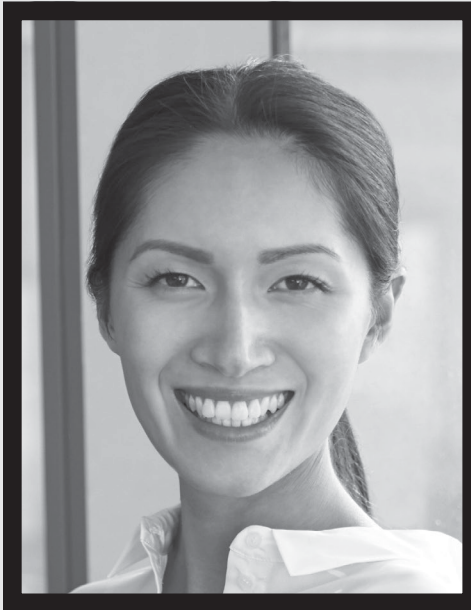


## MY EXPERIENCE

AUNT

I've come to learn  
knowledge is  
**power.**



The human brain impacts every aspect of our existence as individuals and as a society. NAMI Basics OnDemand provides hope for a better future for children, families and our communities. On their own time, these informative lessons are allowing parents and primary caregivers of children

to easily access information and resources available to support themselves and their family's mental health needs.

## MY EXPERIENCE

GRANDMOTHER

I am more  
prepared for the  
**challenges.**



The opportunity to use the NAMI Basics program online has allowed me to view the materials on my own schedule and at my pace. I can go back and review materials, such as videos on medications and on the brain, that were previously only available in class as often as I like. I have learned and

become more prepared through this program. As a result, supporting my loved one with mental illness is less daunting and intimidating.

**Get connected**  
with NAMI Basics OnDemand



- Develop confidence and stamina to support your child with compassion
- Learn about different types of mental health care professionals, available treatment options and therapies
- Prepare for crisis situations, and understand how to navigate the public mental health care, school and juvenile justice systems



3803 N Fairfax Drive, Suite 100  
Arlington, VA 22203

**NAMI.org/basics**

Stories of  
**Impact**



NAMI Basics  
provided a way  
for my family to  
move forward



Knowledge is power



I am more  
prepared for  
the challenges



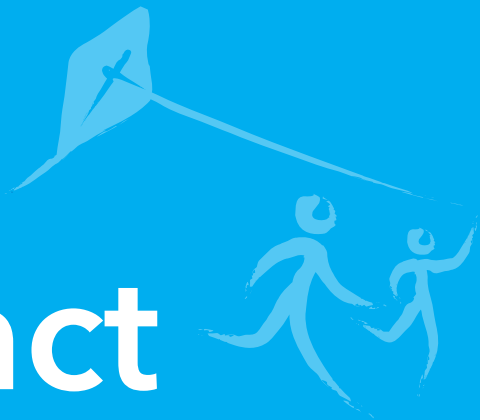
I think the part that  
stands out the most for  
me was the convenience



NAMI Basics  
changed my  
life and my  
son's future



# Stories of Impact



NAMI Basics is a FREE education program for parents, caregivers and other family who provide care for youth (age 22 or younger) who are experiencing mental health symptoms. NAMI Basics is offer through an in-person group setting or OnDemand format.

Through this unique and valuable program, parents and caregivers will quickly realize: **you are not alone. Recovery is a journey, and there is hope.**

NAMI Basics is available OnDemand or in person. Choose the option that works best for you.

**Learn more at [NAMI.org/basics](https://www.nami.org/basics)**

MY EXPERIENCE  
MOM



The part that stands out the most for me was the **convenience.**



The convenience of being able to do the training as I was able to find the time was invaluable. It was great to have access to the classes when I most needed them. If I had to go to a class somewhere outside the home, I would not be able to attend because of my need to be at home with my child. Taking NAMI

Basics OnDemand enabled me to be at home with my child while still being able to take the course and access resources.

MY EXPERIENCE  
DAD



NAMI Basics provided a way for my family to **move forward.**



We now have a greater understanding of the challenges our son was facing-socially, educationally, interfamily, etc. We have a clear path as we look ahead and can heal as a family in many ways. My commitment to NAMI Basics OnDemand provided dedicated time as his parent to develop an understanding of so

many factors facing our family and our boy as he grew and matured from child to adult while navigating mental illness.

MY EXPERIENCE  
MOM



When I found NAMI Basics, it changed my life and **my son's future.**



My son was showing symptoms as early as 3, and I spent countless hours researching what was going on, only to find conflicting information that didn't make sense. We got the help and support we needed with NAMI Basics. I was empowered to fight for him and to continue to fight even when it was too hard.

My child is an adult now and doing the best we've ever seen; I attribute that to the strength and knowledge that NAMI Basics gave us.