

# NAMI BASICS

THE FUNDAMENTALS OF CARING FOR YOU, YOUR FAMILY  
AND YOUR CHILD WITH MENTAL ILLNESS

FREE education course offered for parents/caregivers of children and adolescents with mental health issues. Classes include:

- ⇒ Introduction- its not your fault; mental illnesses are brain disorders
- ⇒ The biology of mental illness; getting an accurate diagnosis
- ⇒ Treatment works – an overview of treatment options
- ⇒ Tools for the toolbox – communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members
- ⇒ Record keeping and the systems your child is involved in (school, juvenile justice, mental health)
- ⇒ Survivor stories, review, wrap-up

Supplemental modules include advocacy & transition issues



 **nami** Utah  
National Alliance on Mental Illness

Call The National Alliance on Mental Illness to sign up today!  
(801) 323-9900 or toll free 1-877-230-6264.