



The National Alliance on Mental Illness in Delaware
offers the

Family-to-Family Education Program

For family members and loved ones of individuals with
Major Depression
Bipolar Disorder (Manic-Depression)
Schizophrenia and Schizoaffective Disorder
Panic Disorder and Obsessive-Compulsive Disorder

A series of 12 weekly classes structured to help family members & loved ones understand and support their mentally ill loved one while *maintaining their own well-being*. This course is taught by a team of trained volunteer family members who understand the issues involved in having a loved one with a serious mental illness in the family.

SAMHSA, in their Family Psychoeducation Workbook for Practitioners and Clinical Supervisors, has stated “Currently, the largest national mental illness advocacy organization, NAMI, has promulgated the message that families who had long been viewed as part of the problem should now be considered *as part of the solution* as partners in supporting recovery”.

This program is presented at NO COST to participants!

To learn more about the NAMI Family-to-Family Education Program and how it can help you, contact **NAMI-DE for more information:**

2400 West 4th Street, Wilmington, DE (302) 427-0787

844 Walker Road, Suite B, Dover, DE (302) 744-9356

706 Rehoboth Avenue, Rehoboth Beach, DE (302) 226-3334

TOLL FREE STATEWIDE: (888) 427-2643

You Are Not Alone!