

NAMI Family & Friends Virtual Presentation
Tuesday, April 20, 2021 from 6:30 – 8:30 p. CDT
Hosted by NAMI Illinois



NAMI Family & Friends Online Presentation is a 2-hour seminar that informs and supports people who have loved ones with a mental health condition. It provides information about mental illness, how to help a friend or family member who lives with a mental illness, and how to take care of yourself if you are in a caregiving role. Presentation is free

[Register at namiillinois.org](http://namiillinois.org)

Topics Covered:

- **Introduction to Mental Health**
- **Mental Health Conditions & Diagnoses**
- **Communication Strategies**
- **Treatment & Recovery**
- **Crisis Planning**
- **Support for Family Members & Friends**
- **NAMI Resources**

“I have a better understanding of how mental illness impacts the person affected... it was nice to hear the stories of the instructors and their paths. The handbook (eBook) given has a lot of helpful information which I did not know about.”

**Registration closes on Tuesday,
April 20, at 3:00 p.m. CDT**