

# NEED MENTAL HEALTH SUPPORT?

REGISTRATION IS OPEN

JOIN OUR FREE CLASS TO ACCESS HELP AND RESOURCES

Wednesdays via Zoom  
December 1 to January 19, 7:00pm - 8:30pm

REGISTER ONLINE: [WWW.NAMIYOLO.ORG/P2P2021](http://WWW.NAMIYOLO.ORG/P2P2021)

NAMI Peer-to-Peer consists of eight virtual, free support classes for peers, defined as adults (18 and over) living with a mental health condition. Mental health conditions include anxiety disorder, depression, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, or any condition that affects a person's ability to lead a fulfilling life. COVID-19 has exacerbated mental health conditions for many people; NAMI Peer-to-Peer provides resources to help people build a support network and access help. Participants will learn together how to establish and maintain wellness.

#### What You'll Gain

NAMI Peer-to-Peer is based on up-to-date research on brain biology and will teach participants coping skills, including meditation and mindfulness training, approaches for self-advocacy and talking to physicians, information about support resources, and strategies to prevent relapse.

The NAMI Peer-to-Peer class provides a safe, confidential space for these discussions with a trained facilitator who has personal experience with a mental health condition. The class does not include recommendations for treatment approaches.

#### NAMI Peer-to-Peer helps you:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

