



NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants. The course is taught by a trained team with lived experience raising a child with a mental health condition. They know what you're going through because they've been there too.

NAMI NJ and NAMI Camden invite you to join a virtual six-week NAMI BASICS Class

Date: Mondays, April 7 to May 12, 2025

Time: 6:30 pm to 9 pm

Via Zoom, Limited Space Available

Attendance is FREE, and Registration is required

NAMI BASICS COVERS

- The impact mental health conditions can have on your entire family;
- Introduction to mental health diagnoses including: ADHD, OCD, Anxiety, Depressive Disorders, Bipolar Disorder, Schizophrenia and more;
- Different types of mental health care professionals, available treatment options and therapies;
- An overview of the public mental health care, school and juvenile justice systems and Resources to help you navigate these systems;
- How to advocate for your child's rights at school and in health care settings; • How to prepare for and respond to crisis situations (self-harm, suicide attempts, etc.);
- The importance of taking care of yourself;
- And Much, much more!



To Register

[CLICK HERE](#)

Or Scan Me



PARTICIPANT PERSPECTIVES

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

By participating in NAMI Basics:

you'll realize that you are not alone. You'll find support and shared understanding—compassion, reinforcement and empathy from people who truly get your situation. And don't forget: Your experiences may also help others in the course. Together, you will all learn that recovery is a journey, and there is hope