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<http://www.namipecod.org/>

Serving Individuals and families affected by mental illness and neurological disorders through education, support and advocacy.

NAMI Cape Cod & Islands is committed to supporting individuals and families during this time. If you feel you and your family are in need of help, and you would benefit from talking to somebody, please call our office for information, resources, and a connection to online support groups.

NAMI Basics is a free, 6-week course for parents and family caregivers of children and adolescents with emotional or behavioral issues. It provides critical strategies for taking care of your child and learning the ropes of recovery. NAMI Basics OnDemand gives parents and caregivers the opportunity to participate on their own schedule! The six-module course covers the same material as the in-person NAMI Basics classes. For registration: <https://basics.nami.org/>