



# **nami** Peer-to-Peer

National Alliance on Mental Illness



*"NAMI Peer-to-Peer  
gave me a better  
understanding of  
the mental illness I  
have and how to  
manage it."*

## **What is NAMI Peer-to-Peer?**

NAMI Peer-to-Peer is an 8-session education program taught by trained Peer Mentors living in mental health recovery themselves. This free and confidential course for adults living with mental health conditions is designed to encourage growth, healing and recovery among participants. The NAMI Peer-to-Peer education program focuses on learning about the brain and body, growing a support group, communicating with health professionals, community resources and more.

**New class  
sessions  
begin the  
fourth week  
of January,  
May, and  
September**



**Register at  
[namihancockcounty.org](http://namihancockcounty.org)  
or call 567-301-2101**

*Our mission is promoting mental health in Hancock County to build better lives through education, support, and advocacy.*