



NAMI Family-to-Family

National Alliance on Mental Illness



"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

What is NAMI Family-to-Family?

NAMI Family-to-Family is an 8-session educational program for family, partners, friends, and significant others of adults living with a mental health condition. The course is designed to help all loved-ones understand and support someone living with a mental health condition, while maintaining their own well-being. The program is taught by trained teachers who are also family members who know what it is like to have a loved one living with a mental health condition.

New class session begins the fourth week of January, May, and September

Register at 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.