

NAMI Family & Friends is a seminar (available in 4-hour or 2-hour format) that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families.

NAMI Missouri will hold virtual 2-hour Family & Friends Seminars every two weeks. Registration is required and link to attend is provided upon completed registration. For more information and to register visit: <https://namimissouri.org/nami-signature-programs/family-and-friends/>



Audience Perspectives

“The real-life examples that the co-teachers shared were helpful in realizing we are not the only ones going through this and it gave us all some hope for better days for us and our loved ones.”

“Programs like this really reduce the stigma and fear surrounding talking about mental health conditions. I felt supported and understood.”

Contact us to schedule a NAMI Family & Friends seminar

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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.