What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two and a half hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Missouri will offer NAMI Peer-to-Peer via Zoom video conferencing on Thursday evenings from 6:00 pm to 8:30 pm beginning August 5, 2021, through Sept. 23, 2021.

Participant Perspectives

“NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself.”

“The biggest thing I gained from this class was to become my own advocate and best friend.”

“Seeing my peers’ strength and dedication to their recovery was personally meaningful.”

Learn more or register for a Peer-to-Peer course at namimissouri.org/P2P

About NAMI Missouri

NAMI Missouri is the State Organization representing NAMI, the National Alliance on Mental Illness, and representing the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI’s dedicated leaders, members and volunteers work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people living with mental illness and their loved ones.