

PROGRAMS AND SERVICES

NAMI Solano County offers a variety of free programs for individuals living with mental health conditions and their family members and friends.

NAMI Family-to-Family Course is a free, 12-session course for families, partners and friends of individuals with serious mental illness, taught by trained NAMI family caregivers of individuals living with mental illness. Course participants learn about diagnoses, symptoms, treatments, coping skills and communication techniques.

NAMI Family Support Group is a free, 90-minute peer-led support group for families, partners and friends of individuals living with mental illness. Family support group participants can talk frankly about their challenges and help one another through their learned wisdom.

NAMI Peer-to-Peer Course is a free, ten-session, peer-led, recovery education course open to any person with a mental health condition. NAMI Peer-to-Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness.

NAMI Parents and Teachers as Allies Presentation is a free two-hour in-service program that helps school professionals and parents better understand the early warning signs of mental illnesses in children and adolescents so that youth with mental health treatment needs can get linked with services.

NAMI Ending the Silence Presentation is a 50-minute presentation designed for middle and high school students. This transformational program gives students and opportunity to learn about mental illness through an informative PowerPoint, short videos, and personal testimony. Students learn symptoms of mental illness and are given ideas about how to help themselves, friends or family members who may need support. NAMI Solano County is looking to implement this program beginning in the fall of 2015.

Crisis Intervention Training Presentations are presentations given to law enforcement officers and other first responders by individuals living with mental illness and family members. These trainings and presentations help officers learn how to de-escalate a situation when interacting with an individual experiencing a mental health crisis.

Northern California NAMIWalk is a 5K walk and resource fair for the entire community, held in Sacramento every spring. This event raises awareness of mental illness, reduces stigma and raises funds for NAMI services provided in nine Northern California counties. For more information, go to: www.namiwalks.org/NorthernCalifornia

NAMI Solano County Warmline provides education, information, support and referrals to build callers' ability to obtain proper services and cope with life situations. Phone: (707) 422-7792. Email: namisolanocounty@sbcglobal.net



For more information, contact: NAMI Solano County at namisolanocounty@sbcglobal.net
or call us at (707) 422-7792.

