

## NAMI PEER-TO-PEER RECOVERY EDUCATION PROGRAM



**What is NAMI Peer-to-Peer?** A free, 10 week course for adults living with mental illness that is expanding in 29 states throughout the country. Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement, and hope.

- Peer-to-Peer classes meet once a week for 2 hours, offering a wealth of information on mental health and recovery
- Peer-to-Peer classes are free and confidential
- Peer-to-Peer is open to any adult living with a mental illness
- Peer-to-Peer classes are taught by trained Peer Mentors living in recovery themselves

**What are some of the course topics?** Relapse prevention, brain biology and research, mental illness symptoms, stigma and recovery, cultural perceptions of mental health, mindfulness, spirituality, substance abuse and addiction, physical health, suicide and prevention, working with providers, advance directive for mental health care, empowerment and advocacy, and personal stories

**What people are saying about the Peer-to-Peer course:**

*"This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking the course."*

*"Since taking the course I have gained employment and committed to my recovery."*

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



**How can I find a NAMI Peer-to-Peer course?** If you or someone you know would like to attend or learn to teach a NAMI Peer-to-Peer course, please visit [www.nami.org/p2p](http://www.nami.org/p2p) to find out more. You may also contact your affiliate or state office for more information by clicking here!