

Education Programs



NAMI Family-to-Family
National Alliance on Mental Illness

www.namimaine.org/F2F

Family-to-Family is an evidence-based, educational program for family members and friends of people living with mental health challenges. Participants meet for 2.5 hours, once a week for 12 weeks.

Develop strategies to:

- Solve problems and communicate
- Manage your stress
- Find supports and services
- Develop confidence and compassion

Learn about:

- Information on mental health conditions
- Current treatments and therapies
- Medications and side effects
- Impact of mental health challenges on the entire family



www.namimaine.org/NB

NAMI Basics is an educational program designed for parents and primary caregivers of children and adolescents living with mental health challenges. It consists of six, 2.5 hour sessions and provides information about the fundamentals of caring for you, your family and your child with mental health challenges.

Learn more about:

- Advocating for your child's rights at school
- Public mental health care and juvenile justice systems
- Evidenced-based therapies
- Medications and side-effects
- Communicating effectively
- Services and supports

Suicide Prevention Gatekeeper Training

www.namimaine.org/GKeeper

Gatekeeper training, the foundation of the Maine Suicide Prevention Program (MSPP), is a full-day training for adults in school and community settings. It meets the criteria for a Suicide Prevention Gatekeeper training for school staff.

This training will:

- Provide the fundamentals of suicide prevention
- Provide up-to-date information about suicide
- Teach basic suicide intervention skills
- Increase personal confidence
- Identify helpful resources

Who Should Attend?

- School staff
- Community members
- Health services agency professionals
- Law enforcement professionals
- Primary care practice staff members

All NAMI Maine programs are free or at low costs to participants.

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www.namimaine.org | (800) 464-5767

www.namimaine.org/IM

Inspiring Minds consists of 8 stand-alone modules focused on recovery-focused skill building. These peer education programs consist of 2-hour sessions that include various styles of learning: listening, discussion, videos, hands-on exercises and role plays.



Explore all 8 modules!

Skillful Communication: Strengthening Connections with others
Boundaries: Supporting Healthy Relationships
Self-Esteem: Building Appreciation for Who You Are
Dreams, Goals & Purpose: Discovering What You Love
Health & Habits: Small Steps to Better Results
Breaking Bad Stress: Sources & Solutions
Advocacy: Getting Clear & Speaking Up
Peer Support: Being There for Each Other



www.namimaine.org/endingthesilence

Ending the Silence is an in-school presentation about mental health designed for middle and high school students. Students can learn about mental health challenges directly from the family members and individuals living with mental health challenges themselves. The goal of this program is to create a generation of students that are well-positioned to eradicate the stigma associated with mental illness through education, support and advocacy. In NAMI Ending the Silence, presenters are trained to “share” as opposed to “teach” the material. In addition to Ending the Silence for students, we also offer a 60 minutes presentation for staff and families.



www.namimaine.org/NHF

NAMI Homefront is designed specifically for spouses/partners, parents, siblings, adult children and others with a service member who is living with the multiple challenges presented by a mental health condition. It consists of six, 2.5 hours sessions and focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

This program will:

- Give you the information you need to understand what your service member is experiencing
- Help you cope with the traumatic impact that mental health symptoms have on the entire family
- Provide tools to help you respond to challenging situations and crises
- Help you take the best care possible for your entire family—especially yourself

To find out more about all of our programs and support groups,
visit us at www.namimaine.org

Find Help. Find Hope.

