



National Alliance on Mental Illness
Metropolitan Baltimore

Helping you
help those
you love.

Our mission is to improve the lives of people living with mental illness and their families through accessible peer-based support.

"I learned coping skills from periods of crisis to healthy acceptance."

"I wish I'd known about this seven years ago when the problem began. I felt safe in this class. I was able to talk about things I haven't been comfortable expressing elsewhere."

NAMI Family-to-Family

A free, 8-week virtual course that offers tools to family members and significant others of people living with mental illness.

2:00 PM - 4:00 PM
Saturdays, 4/23 - 6/11

To register, visit <https://bit.ly/f2fapr22>
or call our HelpLine at
(410) 435-2600.



NAMI Family-to-Family helps participants:

- Manage crises, solve problems, & communicate effectively
- Take care of themselves & manage stress
- Develop the confidence and stamina to provide support with compassion
- Find and use local supports and services, as well as up-to-date information on mental health conditions and treatments



scan to enroll!



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