



National Alliance on Mental Illness
Metropolitan Baltimore

Connect with
a community
that cares.

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

*"These classes
taught me what
happened to me
was more
common than
I realized."*

*"I've really
learned how to
cope with my
triggers better,
and I'm now on
the path to truly
loving myself."*

NAMI Peer-to-Peer

A free, 8-week educational course that
teaches participants important tools
and coping strategies to assist along
their mental health journeys.

4:00 PM - 6:00 PM
Sundays, 4/24 - 6/12

To register, visit <https://bit.ly/p2papr22>
or call our HelpLine at
(410) 435-2600.



NAMI Peer-to-Peer helps participants:

- Create a personal relapse prevention plan
- Learn how to interact with healthcare providers
- Develop confidence for making decisions and reduce stress
- Understand the impact of symptoms on your life
- Access Baltimore-area resources to help maintain wellness



scan to enroll!



info@namibaltimore.org



www.namibaltimore.org



2601 N. Howard Street, Ste. 130