

What is the NAMI Homefront Education Program?

NAMI Homefront is a free, six-session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained military/Veteran families who have a loved one with a mental health condition.

NAMI Homefront online classes are scheduled for:

July 24 – August 28, 2017 (six consecutive Mondays from 6 p.m. – 8 p.m. **MT**)

July 25 – August 29, 2017 (six consecutive Tuesdays from 10 a.m. – 12 p.m. **ET**)

July 26 – August 30, 2017 (six consecutive Wednesdays from 6 p.m. – 8 p.m. **CT**)

July 27 – August 31, 2017 (six consecutive Thursdays from 6 p.m. – 8 p.m. **PT**)



Participant Perspectives

NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been taught in VA health facilities since the late 1990s. Graduates of NAMI Homefront say:

"It's the first step I have taken to get more involved personally with the VA. The first step I have taken to take care of me."

Mother of a Veteran

"I realized I saw signs and symptoms of PTSD but did not know how to handle my loved one – I know better how to handle situations."

Spouse of a Veteran

To learn more and register* click (or copy and paste into your browser) the link:

<https://www.nami.org/homefront>

*All participants are screened to ensure this class is appropriate for their needs.

If you are the family or friend of a Military Service Member/Veteran experiencing symptoms of a mental health condition (PTSD, anxiety, depression, etc.), NAMI Homefront offers information, support, communication skills and resources.

To participate in this online class you must have access to:

- A laptop, PC or tablet with a stable internet connection
- A landline or cell phone with a headset for audio

The course is taught live by trained NAMI Homefront teachers. Pre-registration is required and space is limited. All participants are screened to ensure this class is appropriate for their needs. The class is free but you are asked to attend all six sessions.

Note: This is a six-week class NOT a teacher training session.



About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.