



# NAMI BASICS

## OnDemand

NAMI Basics OnDemand is a free (and stress free!), six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. OnDemand offers the flexibility of participating in the course on your schedule.

### *What you'll gain*

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By participating in NAMI Basics, you'll realize that you are not alone. You'll find support and shared understanding—compassion, reinforcement and empathy from people who truly get your situation.

### *Basics OnDemand covers*

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- The impact mental health conditions can have on your entire family
- Different types of mental health care professionals, available treatment options and therapies
- An overview of the public mental health care, school and juvenile justice systems and resources to help you navigate these systems
- How to advocate for your child's rights at school and in health care settings
- How to prepare for and respond to crisis situations (self-harm, suicide attempts, etc.)
- The importance of taking care of yourself
- Much, much more

To sign up or learn more, visit [nami.org/basics](https://nami.org/basics)