

LIVES improving LIVES

What is NAMI of Erie County?

The National Alliance on Mental Illness of Erie County, NAMI, is focused on fostering personal growth and family stability by educating family members and individuals facing the challenges of mental illness in Erie County. By promoting a climate of confidentiality and respect for the dignity of all who are served by the organization, NAMI of Erie County provides support to those touched by mental illness.

NAMI of Erie County is part of the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Each year, NAMI helps over 6,000 families and individuals in the Erie community. Founded in 1984, by a group of parents, NAMI of Erie County strives to spread awareness about mental illness through education.



Membership

NAMI's membership consists of families, friends, and people living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

To learn more about NAMI of Erie County and the Peer-to-Peer Program, please visit www.NAMIErie.org.

Who can attend a NAMI Peer-to-Peer education course?

NAMI Peer-to-Peer recovery education course is open to all adults with mental illness.

How can I register for the next NAMI Peer-to-Peer education course?

To register for the next Peer-to-Peer recovery education course, please contact NAMI of Erie County by phone at 814-456-1773, or visit www.NAMIErie.org.

Proudly sponsored by United Way



1611 Peach Street, Suite 105
Erie, PA 16501-2120
8:30 a.m. - 5:00 p.m.
814-456-1773
www.NAMIErie.org



PEER-TO-PEER program

A FREE, 10-week recovery education course for adults with mental illness

you are **NOT ALONE**

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder. Mental illnesses can affect any person regardless of age, race, religion, or income.

For those diagnosed with mental illness, moving towards recovery can be an anxious, life-changing experience.

Taught by people who have achieved a level of recovery in their own lives, the NAMI Peer-to-Peer recovery education course helps people with mental illness who are interested in achieving and maintaining wellness.

The Peer-to-Peer program offers a full approach to recovery through a combination of lecture, discussion, interactive exercises and stress management techniques. The 10-week course provides individuals with empowerment, peer support, a recovery plan and communication skills.



“NAMI has played such a huge part in my recovery journey. Through taking Peer-to-Peer, I learned so much about mental illness and how to keep myself well. I am truly blessed to have found NAMI.”

Emily Burkhart, Peer-to-Peer Graduate & Teacher

RECOVERY learning to live well

What makes the Peer-to-Peer program unique?

Classes are taught by trained mentors, or peer teachers, who are successfully managing their own recovery. The course provides participants with comprehensive information on mental illness. It teaches strategies for personal and interpersonal awareness, coping skills and self-care methods.

This Course:

- Meets in a two-hour session once a week for 10-weeks
- Is taught by trained NAMI mentors who themselves have achieved a measure of recovery and are successfully managing their mental illness
- Follows a structured format in a relaxed and confidential setting
- A national program that is offered in over 30 states

With Peer-to-Peer, you learn that you are not alone. You meet everybody from different walks of life. I learned about support structures within the community. I found a sense of community and in some ways a new charge on life. Through NAMI's support, I have been able to maintain my recovery.

Peter Ostrander, Peer-to-Peer Graduate

The course promotes effective paths to recovery and inspires a commitment to wellness. Participants of the program can expect the following:

- Share experiences with peers who are also working toward recovery
- Gain further insight into mental illness
- Acquire knowledge of how to manage and cope with challenging circumstances
- Learn to identify feelings, thoughts, behaviors and events that can result in a possible relapse
- Learn how to be an active participant in an individualized treatment plan
- Discover how to strengthen interpersonal relationships
- Experience new hope and inspiration in regards to recovery