

LIVES improving LIVES

What is NAMI of Erie County?

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

“You realize that he will never be the same having been through war. I learned how to treat him more as an adult than as a hurt child.”

-NAMI Homefront Graduate



NAMI Homefront program is sponsored by Roar on the Shore.

Membership

NAMI's membership consists of families, supporters, friends, and individuals living with mental illness. When you become a member of NAMI of Erie County, you become part of America's largest grassroots organization dedicated to improving the lives of persons living with mental illness. One fee includes membership at the national, state, and local levels. Member benefits include *The Advocate*, member discounts, convention registration discounts, access to the NAMI online member community, and more.

Who can attend a NAMI Homefront education course?

The course is open to family members, caregivers, and friends of military service members and veterans who are living with mental illness and often face post-deployment or post-discharge challenges.

How can I register for the next NAMI Homefront education course?

To register for the next NAMI Homefront education program, please contact NAMI of Erie County by phone at (814) 456-1773 or visit NAMIErie.org/application.



NAMI HOMEFRONT program

A FREE, six-week course open to family members, caregivers, and friends of military service members and veterans who are living with mental illness.



1611 Peach Street, Suite 218
Erie, PA 16501-2121

8:30 a.m. - 5:00 p.m.

(814) 456-1773
NAMIErie.org

you are **NOT ALONE**

Nearly one in five of the men and women deployed to Iraq and Afghanistan since 2004 live with severe depression or posttraumatic stress disorder (PTSD) and have experienced more traumatic brain injuries than in any previous military campaign. Those returning with devastating injuries face living with both physical and psychological pain.

Tragically, since the invasion of Afghanistan, more military service members have died by suicide than combat. A diagnosis of mental illness results in immediate discharge from active duty, which may explain why only half of all service personnel with mental health concerns seek treatment. This has an impact on families, often leaving them confused, angry and lost in trying to help their loved one.

NAMI Homefront is designed to address the unique needs of family, caregivers, and friends of those who have served or are currently serving our country. The program provides education about mental illness, understanding of the mental health system, and self-care for family members and friends.



“We are still friends with everyone that was in the class. There’s always an open ear and an open heart and a shoulder to cry on if you need it.”

- NAMI Homefront Graduate

education and support **FOR FAMILIES**

Why is the NAMI Homefront program unique?

Classes are taught by trained mentors who are participants’ peers – each teacher has a loved one that is a military service member or veteran living with mental health concerns – and have years of real-life experience, in addition to being trained and certified through an intense training programs. This new course is founded on the principles of the evidence-based Family-to-Family program, which has served over 300,00 families since its inception. Like all NAMI programs, there is no formal diagnosis or fee required to enroll.

This Course:

- Is offered at no cost to participants
- Meets weekly for six-weeks
- Is taught by NAMI-trained family members and friends who have a loved one that is a military service member or veteran living with mental health concerns
- Follows a structured format covering issues frequently faced by families in similar situations

What You’ll Gain:

- How to manage crises, solve problems, and communicate effectively
- How to care for yourself and handle stress
- Develop the confidence and stamina to support your family member with compassion
- Knowledge of the latest research and information on mental health, including posttraumatic stress disorder and substance abuse
- Knowledge of current treatments, including evidence-based therapies, medications, and side effects
- An understanding of the challenges and impact mental health conditions can have on your entire family

“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.”

- NAMI Homefront Graduate