

## 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 experiencing symptoms of a mental health condition. It focuses on the unique needs of military and Veteran communities, such as post-deployment and post-discharge transitions.

**The course is designed to** help family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are also family members who have experience with military culture and understand having a loved one with a mental health condition.

**NOTE DATE CHANGE - NAMI Homefront online classes are scheduled for:**  
**March 10 – April 14, 2016** (consecutive Thursdays from 6 p.m. – 8 p.m. ET)  
**March 14 – April 18, 2016** (consecutive Mondays from 6 p.m. – 8 p.m. ET)



### 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:**

**<http://bit.ly/1mt0cGX>**

\*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 or Veteran experiencing symptoms of a mental health condition (PTSD, anxiety, depression, etc.), NAMI Homefront offers vital 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
- VoIP-compatible headset for audio via the internet

**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.**



**National Alliance on Mental Illness**

### 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 advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.