



## CHILDREN'S MENTAL HEALTH

ADHD, anxiety, depression, bipolar disorder, oppositional defiance disorder, obsessive compulsive disorder, and more.

Now available online &  
on-demand!

at

<https://basics.nami.org/>

**NAMI Basics** is a free six session course for parents, guardians and other family who provide care for youth taught by trained volunteers who have lived similar experiences with their own children.

Family members will gain information about mental illness and treatments, family communication skills, & advocacy support.

