



FOR IMMEDIATE RELEASE

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NAMI Partners with HelpLine to Offers Family-to-Family Education Course

Delaware, Ohio -- The National Alliance on Mental Illness (NAMI) and HelpLine of Delaware and Morrow Counties, Inc. (HelpLine) will offer the Family-to-Family Education course for families of persons diagnosed with serious mental illness. Family-to-Family will be held at Williams Street United Methodist Church, 28 W. Williams Street, from 6:30 p.m. to 9:00 p.m., starting Tuesday, March 2 and continuing on Tuesdays through May 18.

Family-to-Family is designed specifically for parents, siblings, spouses, teen-age and adult sons and daughters, partners, and significant others who are caregivers of persons with severe and persistent mental illness. The course is not appropriate for individuals who themselves have a major mental illness.

Topics covered include information about schizophrenia, mood disorders, panic disorder, and obsessive compulsive disorder. Coping skills around the issues of crisis and relapse, listening and communication techniques, problem-solving skills and self-care around worry and stress will also be discussed.

"Family-to-Family balances basic psycho education and skill training, while providing emotional support, self-care and empowerment," said Becky Becker. "We hope families with relatives who have a serious mental illness will take advantage of this unique opportunity."

Uniquely, trained NAMI family member volunteers will instruct the course. The co-instructors are volunteer education specialists Becky Becker and Beth Lauer.

The course is free and open to the public. For more information or to register, call Aimee McCann at 740-363-1835, ext. 103 or contact Becky Becker at 419-253-1245.

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About National Alliance on Mental Illness of Ohio (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illnesses such as major depression, bipolar disorder and schizophrenia. Chartered in 1982, NAMI Ohio's nearly 60 local affiliates play an active role providing research, support, education, and advocacy on a local level.

About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is a private, non-profit organization that provides a 24-hour support and information line, information and referral to direct services, prevention education, and serves as the area's only volunteer center. HelpLine facilitates the stability and self-sufficiency of the emotional and financial needs of the Delaware and Morrow County communities. HelpLine is a provider agency of the Delaware Morrow Mental Health & Recovery Services Board and a member of the United Ways of Delaware & Morrow Counties. Certified by the Ohio Department of Mental Health, HelpLine is

partially funded by the Council of Older Adults, the Ohio Attorney General's Office, Ohio Department of Development, Office of Criminal Justice Services and Ohio Department of Health. HelpLine is accredited by Alliance of Information and Referral Systems (AIRS) and National Association of Suicidology. For more information, please visit: www.HelpLinedelmar.org.

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