



FOR IMMEDIATE RELEASE

August 11, 2009

Announcing the NAMI Family-to-Family Education Course

Delaware, Ohio -- The National Alliance on Mental Illness and Helpline of Delaware/Morrow Counties will sponsor the NAMI Family-to-Family Education Program specifically for families of person diagnosed with serious mental illness. The 12-week series of classes will start in Delaware on August 25, 2009 from 6:30 p.m. until 9:00 p.m., at Williams Street United Methodist Church, 28 W. Williams Street (Room 18), Delaware, OH.

The course will cover information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder, and obsessive compulsive disorder; coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem-solving skills; recovery and rehabilitation; and self-care around worry and stress. The curriculum has been written by an experienced family member mental health professional and the course will be taught by NAMI Delaware/Morrow Counties family member volunteers who have taken intensive training as course instructors. The co-teachers for the Delaware/Morrow area will be Becky Becker and Beth Lauer.

"This course is a wonderful experience!" says instructor Becky Becker. "It balances basic psychoeducation and skill-training with emotional support, self-care and empowerment. We hope families with relatives who have a serious mental illness will take advantage of this unique opportunity." The course 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.

The NAMI Family-to-Family Education Course is FREE. 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.HelpLinedelmor.org.

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