



# NAMI Pasco County

Find Help. Find Hope.



One in four families is affected by a mental health condition. These no-fault, neuro-biological brain disorders are equal opportunity, not specific to any race, religion, age, educational background or income bracket.

**NAMI Pasco**, an affiliate of the National Alliance on Mental Illness is a 501(c)3 not-for-profit organization that provides support, advocacy, outreach, and education to those with mental health conditions and their loved ones.

## What we offer



### Support

Whether in person or virtual NAMI Pasco support groups give an opportunity to be heard and be helped.

**NAMI Family Support Group** is peer facilitated & targeted towards helping family, friends, caregivers who have a loved one with a mental health condition; by sharing experiences, compassion & understanding in confidence.

**Connections** is a recovery support group for adults living with mental health conditions. Attendees learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

**\*\*Specialty Support Groups Also Available.\*\***

### Advocacy

We believe that those living with mental health conditions must know that they are not alone.





**Outreach**

We participate in several outreach efforts each year including forming partnerships with local resources, FaithNet, awareness events and more...

**Education**

We offer a variety of free educational resources; from informational pamphlets to structured classes.



**Family-to-Family** is a free class for families, significant others, and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills, and empowers participants to become advocates for their family members.

**Peer-toPeer** is a free class for adults with mental health conditions. The course is designed to encourage growth, healing, and recovery among participants.

**\*\* Other Programs Offered Seasonally.\*\***

**Mental health conditions including but not limited to:**

- Depression
- Schizophrenia
- OCD
- Bipolar Disorder
- Borderline Personality
- Post-traumatic stress
- Panic Disorder
- Anxiety Disorder
- Traumatic Brain Injury

Connect with us on social:



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