

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held once a week for two hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

NAMI St. Louis, the local organization of the National Alliance on Mental Illness, will offer its NAMI Peer-to-Peer Education Program beginning Tuesday, January 22, 2019. It will be held on Tuesday's from 6:30 – 8:30 at St. Louis Clinical Trials, located at 10330 Old Olive Street Road, St. Louis, MO 63141.



Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

Register online at <http://www.namistl.org/programs-2/peer-to-peer/>

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 St. Louis is an affiliate of NAMI Missouri. NAMI St. Louis and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.