

SYSTEM OF CARE



HEALTH
DEPARTMENT
Prince George's County



NAMI
National Alliance on Mental Illness

Prince George's
County

SAMHSA
Substance Abuse and Mental Health
Services Administration

WHAT TO EXPECT

Education, Support, Resources

Evidence-based, peer-led mental health education and support programs designed to improve the quality of life for your loved one with illness and the family. NAMI's education programs provide opportunities for learning about the common mental health signs and symptoms of illness, crisis management, diagnoses, coping skills, treatment, recovery, and where to find help. NAMI support groups that offer a safe space to connect with your peers and share common experiences and coping skills to overcome challenges. One-to-one peer support services for family caregivers and guardians. Many mental health resources including infographics and fact sheets.

WHO WE SERVE

NAMI Prince George's County will provide opportunities for family caregivers and guardians of children, youth, and young adults to participate in mental health related programs and services. We also provide young adults (18-21 years old) with opportunities to participate in NAMI education and support programs.

BENEFITS OF PARTICIPATING

- Programs are led by peers who have lived experience.
- Programs are designed to increase your knowledge, understanding, and ability to cope and support loved ones with mental health conditions.
- Family assistance with navigating the system of care, linkages to mental health services, resource information, and advocacy.
- Learn from your peers—others who have lived experience—about coping strategies, community resources, and best practices.

Brought to you in partnership with Healthy Transitions funded by SAMHSA. If you or your loved ones are experiencing depression, anxiety, thoughts of suicide, or dealing with another type of mental health concern, please call 988.

OUR PARTNERS

[Maryland Family Resource](#)

[Maryland Coalition of Families](#)

[Synergy Family Services](#)

[NAMI Prince George's County](#)

CONTACT US

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