SYSTEM OF CARE

Elevate Prince George's One County United

Prince George's County Maryland — Aisha N. Braveboy, County Executive

PGC Prince George's County Health Department

NAMI National Alliance on Mental Illness | Prince George's County

SAMHSA Substance Abuse and Mental Health Services Administration

NAMI Prince George's County is a partner with the Prince George's County Health Department in providing programs and resources to improve the mental health outcomes for children and youth, birth through age 21, at risk for or with serious emotional disturbances (SED), and their families.

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.

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.

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.**

OUR PARTNERS

Maryland Family Resource

Maryland Coalition of Families

Synergy Family Services

NAMI Prince George's County

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.

CONTACT US

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