



NAMI California Mental Health 101

is a presentation program designed for the general audiences with special attention centered on the uniqueness of multi-cultural communities.



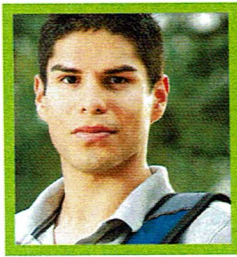
This program is devoted to give individuals an opportunity to learn about mental illness through an informative presentation, short videos and personal testimonies that represent a variety of cultures, beliefs, and values.

Participants will learn the signs and symptoms of mental illness and are given ideas about how to help themselves, friends or family members who may be in need of support through the lens of their own cultural and personal experience.

The program is delivered by a two-person facilitator team representing:

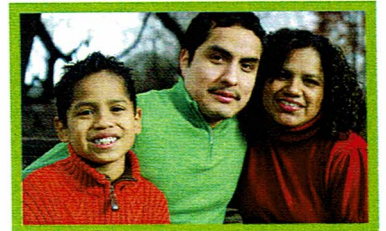
- Individuals living with mental illness
- Co-supporters (family, friend, support group, etc.)

The goal of this program is to create a multi-generation of culturally diverse individuals that can help address the stigma associated with mental illness through education, support and advocacy.



The Mental Health 101 program is unique because it...

- **promotes** an overarching attitude of acceptance and a recovery attitude where everyone can improve.
- **encourages** participants to get help for themselves and provides knowledge to help friends or family members who may be struggling with symptoms of mental illness.
- **respects** the response and value of diverse cultures.
- **shares** and promotes stories of HOPE in a way that is free from damaging or derogatory language, feels authentic to their experience and where individuals feel represented and valued for the strengths they and their communities bring to the table.



To learn more, visit www.NAMICA.org or call (916) 567-0163.



FIND
Help.
FIND
Hope.



INFORMING,
EDUCATING
&
SUPPORTING



www.NAMICA.org (916) 567-0163
1851 Heritage Lane, Suite 150 • Sacramento, CA 95815



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).