

NAMI Utah Programs

Overview

NAMI Utah (the National Alliance on Mental Illness - Utah) educates, supports, and advocates for individuals and families experiencing mental health conditions. All courses, support groups and seminars are free and available online. There are options for both individuals with mental health conditions and their family members and loved ones, including a course for teens! Programs are led by certified volunteers who have a mental health condition or with a family member who has one. Also available every Thursday evening are 60- and 90-minute seminars about mental health. For those looking for one-on-one assistance with mental health resources, our mentors are available at 801.323.9900.

Family Programs (People who are supporting someone with a mental health condition)

NAMI Family-to-Family is an 8-week course for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with a mental health condition, while maintaining their own well-being. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with a mental health condition. Register [here](#).

NAMI Basics is a 6-week course for parents or caregivers of youth with mental health conditions, where participants learn the basics of mental illness, treatment options, communication tips, and most importantly how to advocate for their children in various systems (school, medical, disability, juvenile justice). Classes are taught by teachers who have personal experience raising youth with mental health conditions. Register [here](#).

Family Support Group is an empowering support group for family members, partners, and friends of individuals living with a mental health condition. Register [here](#).

Family-and-Friends is a 90-minute seminar focusing on supporting family members who have loved one's with mental health conditions. In addition to general mental health education, participants gain a general understanding of how mental illness affects their loved one, as well as specific hands-on tools to use to better communicate. Register [here](#).

Peer Programs (People who have a mental health condition)

NAMI Peer-to-Peer is an 8-week course that encourages growth, healing, and recovery for adults with mental health conditions. Participants learn about mental health symptoms, treatments, recovery strategies, resources and more. Register [here](#).

Progression is a free 6-week course for youth ages 13-18 who have a mental health condition. It is a safe place to learn about mental health conditions, diagnosis, triggers, treatments, stigma, safety planning, self-care, and recovery. It is taught by young adults who have experience with their own mental health. Register [here](#).

Connection Support Group is a recovery-based support group for those living with a mental health condition. Register [here](#).

In Our Own Voice is a 60-minute presentation where participants hear stories of several people who share their mental health journeys. Includes mental health education and resources. Register [here](#).

Ending the Silence is a 50-minute presentation typically given in junior high and school classrooms by young adults who share their personal mental health stories. It offers mental health education, suicide prevention and resources, with a focus on de-stigmatizing mental illness. It can also be adapted for family members of youth with mental health conditions.

** For more information about scheduling this presentation, please contact Victoria at victoria@namiut.org or (385) 365-4622. **



All NAMI programs are free of charge.
Questions? Contact the State Programs Coordinator, Jayden Drake, at jayden@namiut.org or (385) 365-1258.