

## 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 San Mateo County, the local organization of the National Alliance on Mental Illness, offers its NAMI Peer-to-Peer Education Program year round. Please call our office at **650-638-0800** for dates and times to register.



### 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.”

**Contact us to register for this NAMI SMC Peer-to-Peer class!**

### 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 San Mateo County is an affiliate of NAMI California}. NAMI San Mateo County 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.