



San Diego's Voice On Mental Illness

For more information on Parents and Teachers as Allies or to schedule a training for your organization, please contact:



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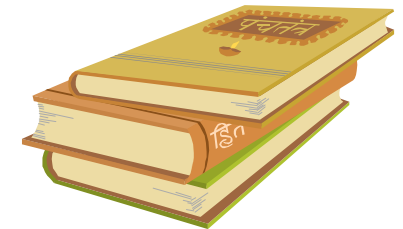
Also visit:

www.nami.org
www.namicalifornia.org



*PARENTS AND TEACHERS
AS ALLIES*

*Trade fears and
frustrations for **FACTS***



*Learn how to support students
who may have mental illnesses*



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This program is offered by NAMI San Diego, a non-profit organization affiliated with the National Alliance on Mental Illness

***What participants are saying about
Parents and Teachers as Allies***

"This was a very powerful presentation. I will think twice before I blame or become upset or intimidating with assertive parents. "



"Awesome! All staff school staff should get training, including special education and counseling departments."



"Thank you for coming and sharing these incredible struggles. You are certainly helping things change for the better with this great organization and education!"



PARENTS AND TEACHERS AS ALLIES

Behind the label “*bad kid*” or “*poor parenting*” may lie a treatable mental illness. In fact, according to the Surgeon General, 12 percent of children in America under the age of 18 have a diagnosable mental illness.

Parents and teachers can be burdened by a child’s mental illness in the form of troubled behavior and poor educational performance. Yet these same adults are the frontline allies in the battle against long-term devastation.

While mental illnesses are not yet curable, they are highly treatable when early recognition and intervention occur.

...and this is where the *Parents and Teachers as Allies* program comes in.

Parents and Teachers as Allies is a dynamic educational team presentation designed to advance mutual understanding and communication between families and school professionals. The idea is that the more education there is available, the less stigma, fear and disruption there will be in regards to students with mental illness.



The program offers:

- Information on and signs of early-onset of some of the most commonly occurring mental illnesses
- Different perspectives given by parent, teacher, facilitator and student speakers on dealing with mental illness in the classroom
- Learning and working together as allies
- Navigating the referral process
- Resources and how NAMI can help

For the past three decades, NAMI has provided valuable resources throughout the county in the areas of support, education and advocacy. At the heart of NAMI’s mission is the sharing of information and striving to end the stigma associated with mental illness.

It’s important to remember that mental illnesses are brain disorders and biologically based medical problems. It is not a matter of a lack of “willpower” or being a bad person. Mental illness can affect anyone anywhere and it is not based on age, race, religion or social status.

NAMI is here to help. We offer a number of free services, including classes and support groups for everyone affected by mental illness, including families and caregivers.

All you have to do is ask.



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