

NAMI DUPAGE OVERVIEW OF SERVICES

Direct referrals may be made [HERE](#) for all services and programs.



FOR FAMILIES

- [Family Support Groups](#)
- [Family Peer Counselors](#): One on one appointments can be made to work with families to address the current crisis, help with managing expectations and provide resources on additional education and support resources
- [Family-to-Family](#): 8-week educational course for family and friends of an adult loved with a mental illness
- [Family and Friends](#): 2 or 4 hr. Workshop for family and friends of an adult loved one
- [NAMI Homefront](#): 6-week educational program for families, caregivers, and friends of military service members and veterans with mental health conditions. Virtual.
- [Daily programs](#) offering a variety of activities throughout the week.

FOR INDIVIDUALS

- [Connections Support Group](#): For individuals with a mental illness
- [Dual-Diagnosis Support Group](#): For individuals with substance use disorder and mental illness
- [Spouse and Partners Support Group](#): Of those with a mental illness
- [Living Room](#): Open Monday-Friday 3PM-8PM. Provides drop-in location for individuals experiencing an increase in mental health symptoms.
- [Individual Peer Counselors](#): One on one appointment can be made to work on recovery-based goals or discuss mental health resources.
- [W.R.A.P \(Wellness Recovery Action Plan\)](#): 8-week course for individuals with mental illness and substance abuse.
- [Job Readiness Classes](#): 5-week class designed to assist with job search, networking, resume writing, interviewing and communication skills
- [Job Club](#): topical sessions designed to enhance technical and soft skills needed for the workplace
- [Job Coaching](#): volunteer job coaches to assist job seekers with resume writing, interviewing skills and more
- [Volunteer and Community Service](#) opportunities
- [Daily programs](#) offering a variety of activities throughout the week.

FOR YOUTH UNDER 18

- [Teen Support Group](#): Several sessions are offered throughout the year. These sessions are held once a week for 6 weeks. *Currently being held online using Zoom.*
- [Teen Stress Relief Workshops](#): The focus of the workshop is explaining what stress is, how to alleviate stress, and how to manage stress.
- [Jump into Mental Health](#): Program designed for 6th grade audience. 50-minute presentation designed to discuss what mental health is, what signs are concerning, and how to ask for help. *(Youth can inquire at the school to see if this program is available)*
- [Ending the Silence 101](#): Program designed for 7th & 8th grade audience. 50-minute presentation designed to discuss mental health signs and symptoms, how to help a friend, and how to ask for help. *(Youth can inquire at the school to see if this program is available)*
- [Ending the Silence](#): Program presented during health classes during mental health curriculum. 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. *(Youth can inquire at the school to see if this program is available)*

FOR PARENTS OF CHILDREN UNDER 18

- [Ending the Silence for Families](#): 1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff.
- [NAMI Basics On-Demand](#): 6-week educational course for parents or loved ones with children under 19 who have a mental illness.
- [Parent Support Group](#): For parents with a child under the age of 18 living with a mental illness.

FOR THE COMMUNITY

- [Ending the Silence for Staff](#): 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families.
- [Community Education presentations](#): provide education on the signs and symptoms of mental illness and how to get someone the help they need
- [Speakers Series](#): offered on a variety of topics for individuals, families and the general community
- [Mental Health First Aid](#): (Adult & Youth): 8-hour class that teaches the skills to respond to the signs of mental illness and substance use.
- [Suicide Loss Connections Support Group](#): For those who have lost a loved one to suicide.