

Navigating Mental Health Resources

Answering questions for loved ones and caregivers



When:

- Every 1st and 3rd Thursday of the month
- 6:30 pm - 8:00 pm

Where:

- Good Samaritan Hospital
3815 Highland Ave.
Downers Grove, IL 60515
- Located in the Blue Oak Room

Registration is not necessary

NAMI DuPage - 115 N. County Farm Road

Wheaton, IL 60187 - 630-752-0066

www.namidupage.org

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If you have a loved one or are supporting someone living with a mental health diagnosis, we invite you to learn about the many NAMI DuPage and community resources available to you.

Some key questions that will be answered:

- What resources are available and how do I access them?
- What coping techniques can I use to take care of myself?
- How do I support my loved one after hospital discharge?

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