



National Alliance on Mental Illness

# NAMI DuPage

## Mental Health Essentials Training Workshop Series

### Why Mental Health Training?

More common than cancer, diabetes or heart disease, mental illness will affect **one in every five** individuals sometime during their lifetime. However, many people remain misinformed about mental illness, often believing that people with mental illnesses are “crazy” or dangerous individuals who will never recover. Because of stigma, less than 30% of people with a mental health diagnosis seek medical treatment. There is an urgent need for education, both to reduce the stigma of mental illness and to promote the early identification and treatment of mental health issues.



### Why Should I Attend?

Our Mental Health Essentials Training offers specialized presentations that cover basic information about mental illness such as signs and symptoms, talk about the prevalence and importance of discussing mental health problems, and also provide practical steps for connecting people with mental illness and their family members to appropriate people and resources.

NAMI DuPage - 115 N. County Farm Road  
Wheaton, IL 60187 - 630-752-0066  
[www.namidupage.org](http://www.namidupage.org)

## Series Schedule: August 2019

*Attendance at all 4 sessions is not required for participation, but highly recommended.*

**All sessions will take place at:**

**6:30PM to 8:30PM**

**Christ Church of Oakbrook (Room 262/263)  
501 Oak Brook Rd, Oak Brook, IL 60523**

### ⇒ **Tuesday, August 6th**

**Introduction: What is Mental Illness?**

*Learn more about the prevalence of mental illness, the impact of stigma, and hear a personal story from someone with mental illness.*

### ⇒ **Tuesday, August 13th**

**Signs & Symptoms**

*Learn all about the most common mental illnesses, and the signs and symptoms which might be present.*

### ⇒ **Tuesday, August 20th**

**Mental Health Recovery**

*Hear first hand from a speaker about mental health recovery, while learning about recovery options for people including therapy and medication.*

### ⇒ **Tuesday, August 27th**

**What Can I Do?**

*After learning about mental illness, you can now better learn how best to engage or start a conversation with someone who you think might be experiencing mental health symptoms. In addition to learning practical steps for starting a conversation, learn about available resources.*

**To register for any sessions, please go to:**

**[https://namidupage.ejoinme.org/  
MentalHealthEssentials](https://namidupage.ejoinme.org/MentalHealthEssentials)**

**If you have any questions please contact Sara Hynes  
at [s.hynes@namidupage.org](mailto:s.hynes@namidupage.org)  
or (630) 752 - 0066**

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