



National Alliance on Mental Illness

# NAMI DuPage

## Mental Health Essentials Training

### 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. Discrimination and stigma against those with mental illness is widespread and deters families from seeking the medical and social support they need to help loved ones 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.



### What Can We Offer?

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)**

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*"The most impactful part of the presentation was how honest and real their stories were, so impressive"*



*"I learned how effective treatments and therapies are for functionality. It was really helpful and important to hear real patient perspective."*



We tailor our presentations to your group's needs, to make sure that you are receiving the information and education that will be most helpful to your group. Presenters from our Speaker's Bureau present their personal recovery stories living with mental illness, or being a friend or family of someone with a mental illness.

For more information contact Sara Hynes at [s.hynes@namidupage.org](mailto:s.hynes@namidupage.org) or go to [namidupage.org](http://namidupage.org)

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