



**FREE** Classes Starting for family,  
caregivers & friends of individuals living  
with mental health issues!

- Up-to-date info about a range of mental health concerns
- Skills related to crises management, solving problems and communicating effectively
- Guidance on locating appropriate local supports and services

For more information, or to **REGISTER** go to:

<https://tinyurl.com/STLF2F>

<https://tinyurl.com/STLBasics>

Questions?

Call our Helpline at 314.962.4670



**NAMI**

National Alliance on Mental Illness

**St. Louis**