

What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.



Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can’t be found in a doctor’s office.”



NAMI Lake County, OH
National Alliance on Mental Illness

To register, contact:

Joanna Mannon, CDCA, Program Leader

Begins June 1, 2026

5-7PM In person

Lake County YMCA – Central

933 Mentor Ave

Painesville, OH 44077

Joanna@namilake.org

About NAMI

NAMI Lake County, OH is a member of the most extensive National network for support, education and advocacy for individuals affected by mental health conditions. As a local affiliate, we deliver critical programs and services that make a difference in the lives of Lake County residents. Grounded in the belief that we are stronger together, NAMI Lake County, OH focuses on bringing relief to individuals and families affected by mental health conditions and leads the local conversation on mental health.



NAMI Lake County, OH receives funding and support from the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board. To learn more, visit www.HelpThatWorks.us.