

NAMI Peer-to-Peer is a free, 8-session course for adults living with mental health challenges. The course provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held for two hours each session
- Taught by trained Peer Mentors living in recovery
- A great resource for information on mental health and recovery



Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery, which I did not know about before taking NAMI Peer-to-Peer.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

Peer-to-Peer 8-Week Course currently CLOSED for registration.

For more information or to be added to our interest list:

Email p2p@namisd.org

Or Call 858-634-6580 ext. 138

Course Topics

Class 1

Getting Started – Mental Health and Recovery: Exploring different viewpoints of mental health and recovery. Creating a personal vision statement.

Class 2

The Brain and the Body: Learning about the relationship between mental health and overall physical health. Understanding the impact of the environment and the brain on mental health conditions. SMART goals.

Class 3

Telling My Story: Sharing personal stories. Exploring the benefits and limitations of mental health diagnoses.

Class 4

Strengthening Relationships: Building connections with others. Improving communication skills.

Class 5

Growing Support Networks: Building a nurturing a circle of support

Class 6

Tools for Enhancing Recovery: Responding to stress effectively. Learning about different types of therapies and medications. Looking more closely at goals.

Class 7

My Story, My Strengths: Understanding personal stories in a new way. Preparing for conversations with mental health providers.

Class 8

Moving Forward: Revisiting personal visions. Planning next steps.