

DATE, For Immediate Release
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Does Someone You Love Have a Mental Illness? These Free Classes Are for You.

or

Free Classes Offer Support to Anyone Caring for a Friend or Family Member with Mental Illness.

If a family member or loved one suffers from mental illness, you know how devastating the effects can be. He or she may live with you or depend on you for care. That's why NAMI (**put in the name of your affiliate**) is offering *With Hope in Mind*, a free series of classes about coping with the difficulties of caring for loved ones with mental illness. The eight-session course will begin (**put the town and date here, for example, in Greeneville, on July 12 from 9:30 a.m. to 2:30 p.m. and will be held on consecutive Saturdays until September 27.**) (**We recommend that you DO NOT list the course location. Instead, screen potential class members by phone when they call to register. Give them the location after you've talked with them and know they are good candidates for the WHIM class. This is to prevent unexpected and uncomfortable encounters in which people show up who are inappropriate for the class, and to make sure you have an appropriate number of materials on hand.**)

With Hope in Mind teaches helpful skills such as problem management, communication and crisis planning, and provides you with coping skills for dealing with the cycles of various illnesses. Conducted in an atmosphere of confidentiality, *With Hope In Mind* classes offer participants practical and emotional support.

One in five Tennesseans is affected a mental illness such as schizophrenia, bipolar disorder, depression, obsessive-compulsive disorder, anxiety disorder or eating disorder. The *With Hope In Mind* curriculum addresses these common illnesses. The course is taught by NAMI volunteers who have taken intensive training as course instructors and have personal experience caring for someone with mental illness. There is no charge for the course, but space is limited and pre-registration is required. Learn more about *With Hope in Mind* at www.namitn.org

NAMI (**put in your local affiliate name here**) is made up of friends and family of people with long-term mental illness. The group comes together to support each other, learn, educate the

community and advocate for change. To learn more or to register for the course, contact **(put contact information here, phone numbers and/or email addresses for teachers).**

Someone you love has a mental illness. That's why there's NAMI.

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