

Sample Press Release

Press Release

Release Date: Immediately

Announcing the NAMI NH Family-to-Family Education Course

Contact: (name and telephone number of co-leader contact)

NAMI will sponsor the NAMI Family-to-Family Education Program specifically for families of people diagnosed with serious mental illness. The 12-sessions start in (town) on (day), (month & date) from 7:00 to 9:30 p.m., at (name of location, address, town, etc.).

The course will cover information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder, obsessive compulsive disorder, borderline personality disorder, post-traumatic stress disorder (PTSD); coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem-solving skills; recovery and rehabilitation; and self-care around worry and stress.

The curriculum has been written by an experienced family member mental health professional and the course will be taught by NAMI NH- _____ family member volunteers who have taken intensive training as course instructors. The co-teachers for the (town) area will be (name of co-leader) and (name of co-leader).

"This course is a wonderful experience!" says instructor (name of one co-leader), "It balances basic education and skill-training with emotional support, coping strategies and empowerment. We hope families with relatives who have a serious mental illness will take advantage of this unique opportunity."

The course is designed specifically for parents, siblings, spouses, teen-age and adult sons and daughters, partners, and significant others who are caregivers of persons with severe and persistent mental illness. The course is not appropriate for individuals who themselves have a major mental illness.

The NAMI NH Family-to-Family Education Course is free. For more information or to register, call (name of both co-leaders with phone numbers) or contact (NAMI Family-to-Family Education Program Director, by name) at the NAMI _____ (affiliate) office at (800 number).

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