

7/17/23

## Back to School Resources for Families from NAMI Missouri

### *Parents Supporting Parents group*

- Parents supporting parents group is a family support group for parents, caregivers, or other family members of a child, teen or young adult 25 years or younger that have experienced mental health symptoms. Come for support and learn about starting the conversation about mental health for college bound students, using parents and teachers as allies with K- 12 teachers and wellness activities for families. [Click](#) to register.

### *Parents' Guide to Mental Health*

- This guide was developed by NAMI Missouri and Missouri Department of Mental Health. The guide includes information on how to support your youth's mental health, crisis resources, tools for youth and more. [Click](#) to view the guide.

### *NAMI Basics*

- NAMI Basics is a free education program for parents and family caregivers of children and teens age 21 and younger who are experiencing mental health symptoms. The course consists of six weekly classes, each 2.5 hours long and is taught by trained teams with lived experience raising youth with mental health conditions. Registration is required for this free course. NAMI Basics is certified for Missouri Foster Parent training credit. [Click](#) for more information about program.