



# FREE 8 Week Recovery Education Course For Adults with Mental Illness

Credit toward becoming a paid North Carolina Peer Support Specialist



- Become an ACTIVE participant in your treatment plan
- STRENGTHEN your interpersonal relationships
- Develop MORE INSIGHT into mental issues to prevent relapse
- Taught by trained NAMI peer mentors
- Relaxed, confidential setting
- Combines lecture, discussion, interactive exercises
- Teaches stress management techniques

## Experience New Hope and Inspiration for Recovery Success

### **VIDEO CONFERENCE**

Begins Tuesday 9/8, 6:30 to 8:00 p.m., for eight weeks

**Sponsored by NAMI Orange County NC**

For more information and to register (preferred), please call Barbara Maier at 919-929-7822 or email [bmaier.namioc@gmail.com](mailto:bmaier.namioc@gmail.com)

Before the class starts you will be sent an email explaining how to sign onto and join the class

The class will be password protected and not recorded

By responding and providing the required info you agree to the following:

- I understand that participating in the Peer-to-Peer class is voluntary.
- I am a resident of Orange, Chatham or Person County and I have provided NAMI Orange with the street address from which I am participating in the online class.
- I understand that the class is an opportunity to learn and share experiences.
- I understand that the class is not a substitute for mental health services and is strictly a class providing psycho-educational information and support.
- I understand that this class is not HIPAA (Health Insurance Portability and Accountability Act) Compliant; I also understand that the class mentors will not share my information with anyone.
- I will not share anyone's personal information or story with anyone else.
- I will be in a location where others in my home cannot overhear, or I will use earphones.
- I will not share the website link or password with anyone else. If someone I know is interested in participating in the class, I agree to give them the contact information listed above.
- I will share any concerns as well as provide suggestions with the class mentors.
- I will contact a class mentor if I choose not to receive information related to the class as well as resources/supports that may be emailed.
- I understand that I will be muted or removed from the call if I am inappropriate.
- I understand and agree that if I am in crisis, I will contact crisis services:

9-1-1- Request a Crisis Intervention Team (CIT) Officer

Nearest Emergency Department:

UNC Psychiatry Crisis Services, 101 Manning Dr., Chapel Hill, 984-974-3950

Duke Hospital ER and Duke Regional Hospital ER, 855-6484

Chapel Hill Police Crisis Unit, 919-968-2806

Freedom House 24-hour Crisis & Mobile Unit (substance abuse and mental health), 919-967-8844

Suicide Hotline, 1-800-273-8255 Text 741