

# Basics

## A FREE Course Designed for Parents and Caregivers of Teens with Mental Health Conditions

Do you feel frustrated and overwhelmed by your teen's mental health condition? Do you blame yourself? You are not alone. One in five teens experience mental illness. Parents and caregivers often lack the knowledge and education to navigate a loved one's mental health condition. You are invited to a FREE six-week course where you will gain an understanding of mental illness and the role it plays in behavioral difficulties, as well as the role families can play in the treatment process. This course is taught by parents of individuals who first experienced emotional or behavioral difficulties as youth.



### New Courses Starting Soon

Pre-registration is required.  
For more information contact:  
Marjorie at (385) 246-5931  
[saltlakeprograms@namiut.org](mailto:saltlakeprograms@namiut.org)

### Location

Primary Children's Hospital  
at Wasatch Canyons  
5770 South 1500 West, Building G  
Salt Lake City, UT 84123

### What are Parents Saying?

*"I was feeling burned out, but the Basics course helped to give me the boost that I needed."*

*"I understand my daughter's condition better. I learned to be more patient and less judgemental."*

*"The communication class has helped bring new skills to my parenting. I'm more proactive and less reactive."*

*"I have more information and can better anticipate meltdowns so we can prevent hospitalizations."*

