



## What is the NAMI Franklin County Mentor Program?

The **NAMI Franklin County Mentor Program** is designed for family caregivers or peers (persons with lived experience) all bonded in a way like no other by mental health conditions. Self-care and caregiving often present challenges that could use a little help, a little guidance, or someone who can listen and understand what you're going through. That's where NAMI Franklin County's Mentor Program can be of service. We can help families and peers get through the maze of "What should I do next?"

If you would like to apply to become a mentor to share your experience and provide guidance to a caregiver or peer; or, if you are a caregiver or peer who could use the help of a mentor, apply online at <https://www.namifranklincounty.org/mentor-program/>. Or, you can request an application by calling NAMI Franklin County at 614-501-6264



### Participant Perspectives

"The Mentor Program took a lot of stress off my shoulders by helping me sort through my problems. Just talking to the mentor boosted my spirit, reassured me, and encouraged me. I hope NAMI Franklin County receives a lot of support so that they can continue to do their amazing work – helping people who need it!"

"I can't thank NAMIFC enough for this life saving program. My mentor helped me during a very difficult time in my life when I felt totally alone and confused."

Contact us to find out more about the **NAMI Franklin County Mentor Program!**



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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Franklin County is an affiliate of NAMI Ohio. NAMI Franklin County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.