

NAMI Hancock County Education & Support Programs



Peer-to-Peer

A free, 8-session recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges. Must be 18+ to attend.

Connection Recovery Support Group

A free, peer-led support group for individuals living with mental health conditions. Must be 18+ to attend.

PEERS

Family-to-Family

A free, 8-session educational program for family, partners, friends, and significant others of adults living with a mental health condition. Must be 18+ to attend.

Family Support Group

A free, peer-led program open to individuals with a loved one living with mental health conditions. Must be 18+ to attend.

Family Support Group for Caregivers with School Age Children*

A free, peer-led program open to individuals with children living with mental health conditions. Must be 18+ to attend. Childcare provided*

Basics

A free, 6-session education program for caregivers of youth experiencing symptoms of a mental health condition. Contact us for more details on the Online program.

FAMILY &
FRIENDS

KidShop!

A free, innovative, activity-based workshop to help children develop skills for improving mental health. Serves K-8th grade. Contact us for a parent interview.

YouthMOVE

A free, youth-led program devoted to improving services and systems to support youth inclusion, mental wellness, positive supports, and healthy transition. Serves youth and young adults ages 14-26.

Youth Support Group

A free and confidential support group for young people aged 14-26. Accessible in-person and virtually. Contact us for the weekly zoom link.

YOUTH

Our mission is promoting mental health in Hancock County to build better lives through education, support, and advocacy.



305 West Hardin Street, Findlay, Ohio 45840
www.namihancockcounty.org
567-301-2101

TRAININGS

Adult Mental Health First Aid

This course teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. This course introduces common mental health challenges and teaches a 5-step action plan for how to help adults in both crisis and non-crisis situations.

Youth Mental Health First Aid

This course teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

In Our Own Voice

A free outreach program consisting of informational presentations about mental health conditions from people with lived experiences providing personal testimonials, short videos, and time for audience questions and discussion.

ACTIVITIES

Craft Night

An opportunity for peers to connect with one another. We believe that mental health can be improved through many nontraditional outlets. Materials are included. Must be 18+ to attend.

Arts Night

An opportunity for peers to share their creativity and encourage each other. Come and work on any art project, share a poem or story you enjoy, share music, or just listen in! Plus, participate in the Artists' Challenge! Must be 18+ to attend.

Crochet Café

An opportunity for peers to learn crochet, or bring your own project, and enjoy the company of others. Materials and refreshments are included. Must be 18+ to attend.

Family Fun Night

An opportunity for peers & family to make social connections in a safe & fun environment. Children must be accompanied by an adult. All ages welcome.

SERVICES

Navigation

If you or a loved one are experiencing challenges related to a mental health condition, our team can provide navigation services to help you find answers and support. Give us a call or stop by the office during our business hours.

Volunteer

Passionate about mental health? Looking for community service opportunities? Get involved with NAMI today!

Our mission is promoting mental health in Hancock County to build better lives through education, support, and advocacy.



305 West Hardin Street, Findlay, Ohio 45840
www.namihancockcounty.org
567-301-2101