These are difficult and unprecedented times for our students as they adapt to a new e-learning platform resulting from Covid-19. To help address our students’ needs, NAMI Metro Suburban is releasing an on-line prerecorded version of its Stress Less: Resiliency for Success program for you to use with your students. This program has recently been revised to include the concepts and practices of resilience.

Stress Less provides an overview of how stress affects the mind and body, prompts students to check in with themselves on how stress is impacting them, and teaches coping skills including mindfulness practice and resilience-building strategies. For ease of use, we have included topics and times.

Chapter 1: Understanding Stress (8:55 minutes)
Chapter 2: Reflect on Your Stress (16:43 minutes)
Chapter 3: Practice Managing Stress (09:08 minutes)

Please contact borgstrom@namimetsub.org to coordinate offering a video presentation including student worksheets, evaluations and optional Q&A.

NAMI’s Ending The Silence on-line version will be released later this month and other live streaming options of our most popular programs. If there is anything additional, NAMI can do to be a resource for you or your school, please feel free to reach out any time! Despite the uncertainty we’re all facing, we are extremely grateful for the innovative ways our communities are coming together.

NAMI PARENT & FAMILY SUPPORT

NAMI Family Support offers support, hope, and shared experiences for family members supporting a loved one with a mental health condition.

Support Groups - The group meets virtually every Tuesday at 7pm via Zoom. Families can email familysupport@namimetsub.org for more information on how to join a support group session.

Facebook - Families can join the NAMI Family Support private Facebook group by sending a message through Facebook to NAMIBockus requesting an invitation to join.

Private Phone Support - Parents can reach NAMI’s Family Support Specialist for support at 708.524.2582, x.108

For more information on NAMI and its programs, please visit us on our website namimetsub.org.