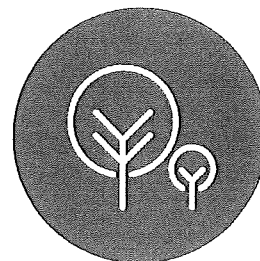


NAMI Utah's Progression

For Teens, ages 13-18 with Mental Health Conditions

Progression is a free 6-week course for teens with mental health conditions. Classes are taught through readings, interactive games, small group discussions and time for reflection. In addition, learning happens through video clips, phone apps, structured internet searches, easy art projects, journaling, music, coloring, and much more. Built into the course is plenty of time for sharing and learning from one-another.



A SAFE AND CONFIDENTIAL SPACE

Progression is taught in a safe, confidential environment. Our teachers are young adults who first experienced mental health conditions as teens, and have gone through extensive training to become certified to teach.

Topics covered include:

- What is mental illness?
- Trigger awareness
- Stigma
- Causes, symptoms and diagnosis of mental health conditions
- Treatment and self-care
- Harmful responses to mental health conditions including substance abuse, self-harm and suicide
- Safety planning
- Recovery, advocacy, and living life fully

REGISTRATION

Registration is required for all NAMI courses. For more information about courses in your area, enter your zip code here or call the state office at 801.323.9900.