

# **Peer to Peer Education Program, Behavioral Health**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Intake Contact Email

info@namicentralvirginia.org

Intake Process

Visit the website for information; call the office

Provider Refer

Yes

Self Refer

Yes

National Alliance on Mental Illness Central Virginia (NAMI CVA)

[http://www.namicentralvirginia.org/Peer to Peer.html](http://www.namicentralvirginia.org/Peer_to_Peer.html)

<https://www.facebook.com/namicva>

<https://twitter.com/namicva>

Main

(804) 285-1749

1904 Byrd Avenue

Suite 103

23230 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Languages Spoken

English

The NAMI [Peer-to-Peer program](#) is for people with any serious behavioral health disorders who are interested in establishing and maintaining their wellness and recovery. The course provides tangible resources, survival skills for working with providers and the general public, mindfulness exercises to help focus and clarify thinking, and a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize intervention. The class follows a structured format, in a confidential setting, providing emotional support, information and resources, and coping skills.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Richmond City

Email

[info@namicentralvirginia.org](mailto:info@namicentralvirginia.org)