

KEOWEE SUBDIVISION SPECIAL INTEREST SERIES written by David Miller.

This is the first in a series highlighting the depth and breadth of expertise in the Keowee #1-#2-#3 subdivisions.

Today, we profile Michelle Ready, Regional National Trainer for **NAMI**: National Alliance on Mental Illness.

Apparently, **NAMI** is one of the best kept secrets in Oconee-Pickens, and Anderson Counties.

“I don’t think a day goes by that someone doesn’t say to me “why hasn’t my doctor or therapist referred me to **NAMI** opportunities?”

Ready has been involved in various capacities for 22 years. “I got involved when several members of my family were dealing with mental illnesses.”

Coping with the challenges of mental illnesses, post Covid, has never been greater.

Lately, however, the stigma attached to mental illnesses appears to be waning. “People seem much more receptive to listen and learn about both the challenges and the opportunities available to tackle this illness,” she said.

“We need to get people to be comfortable reaching out for help, and more importantly, know where to get it,” she continued

The process for enrollment is very simple. Contact Michelle at [**MichelleReady@hotmail.com**](mailto:MichelleReady@hotmail.com). Her telephone number is: **864-882-5131**. **Her number does not accept texts!!!**

NAMI offers a wide list of free, educational courses.

They range from:

BASIC COURSES: Six courses offered to anyone who is a family member (parent, spouse, sibling, adult child, significant other) of an adult living with a mental illness.

SUPPORT GROUPS: you must be 18 to attend.

HOMEFRONT COURSES: Offered to anyone who is a family member of a military service or veteran living with a mental illness,

EDUCATIONAL MEETINGS: A wide variety of speakers address a myriad of topics dealing with mental illness.

“We’re dealing with a brain disorder, “ concluded Ready. “it’s a real illness.”

“Our challenge is how can we get our clients to a point where they can have a meaningful life.”

**AGAIN, MICHELLE’S CONTACT INFORMATION IS: michelle [ready@hotmail.com](mailto:michelle_ready@hotmail.com).
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Should have suggestions for future articles, please forward them to me at:
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