

Get One-On-One Consultations with NAMI WLA Mental Health Clinical Advocate Sharon Dunas

SHARON DUNAS, LMFT



Family Resources Available for NAMI Westside LA Members Who Have Loved Ones Living with Mental Health Conditions

Looking for help handling a loved one's mental health crisis or threats of suicide? Want to better understand and respond to a loved one experiencing psychosis (delusions, hallucinations, hearing voices)? Need assistance adjusting to and managing family dynamics (siblings, partners, and the entire family)?

Sharon Dunas is a longtime facilitator of NAMI WLA support groups and a teacher of Family-to-Family classes and has her own private practice as a family therapist.

Learn Communications Skills

- Making crisis calls
- Talking to a loved one thinking about suicide
- Using reflective listening
- Using Dr. Xavier Amador's LEAP method (Listen, Empathize, Agree, Partner)

Learn About Resources

- Clinics and residential treatment centers
- Psychiatrists, mental health therapists
- Disability insurance
- Conservatorships

Learn Coping Skills

- Mindfulness, meditation and guided imagery
- Self-care



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24-hour response time

Monday - Friday Office hrs 9am - 6pm

For a crisis or emergency, call 988