

**TOGETHER WE CARE.
WE SHARE.**

It can be hard to know what to do when you or a loved one are feeling overwhelmed, or experiencing mental health symptoms, like anxiety, or depression. But **NAMI support groups** can help. Studies show that support group participation improves mental health outcomes by creating community, fostering connection and leading to a sense of belonging.

**YOU ARE NOT
ALONE**



**ONE IN FIVE U.S. ADULTS
LIVE WITH A MENTAL ILLNESS**

Fewer than half receive the care they need.



**SUPPORT GROUPS ARE AVAILABLE IN
A COMMUNITY NEAR YOU (OR ONLINE)**

Throughout the U.S., there are **49** state organizations and **648** local affiliates associated with NAMI, offering free, quality, peer-led programs to hundreds of thousands of people each year.

NAMI Connection is a weekly or biweekly support group for individuals with mental illness.

NAMI Family Support Group is a weekly or monthly support group for family members, partners and friends of individuals with mental illness.

(Both groups are offered in Spanish in select areas.)



WHAT YOU CAN EXPECT FROM A NAMI SUPPORT GROUP



Free, quality spaces for positive and encouraging interactions.



Peer-led and community-based across the U.S.



Guided by research-proven strategies and inclusive language.



Culturally competent and relevant for diverse communities.



Customized so individuals and their loved ones can find the group in their community that is the best fit for them.



All materials and practices are informed by peer-reviewed literature on best practices in peer-led support groups and participant, leader and trainer feedback.



Support group leaders undergo an intensive screening and training process before receiving certification to ensure NAMI groups remain safe zones, free of judgement, where people can discuss challenges and successes while sharing healthy coping strategies.

WHY PARTICIPATE?

NAMI support groups can be the perfect complement to medical treatment for those looking for emotional support.

We create community and foster connection for a sense of belonging and support.

Explore NAMI support groups available in your community:

visit [NAMI.org/SupportGroups](https://www.nami.org/SupportGroups)



A Community Partnership