

Finding a therapist can be difficult.

SUPPORT IS AVAILABLE WHILE YOU WAIT



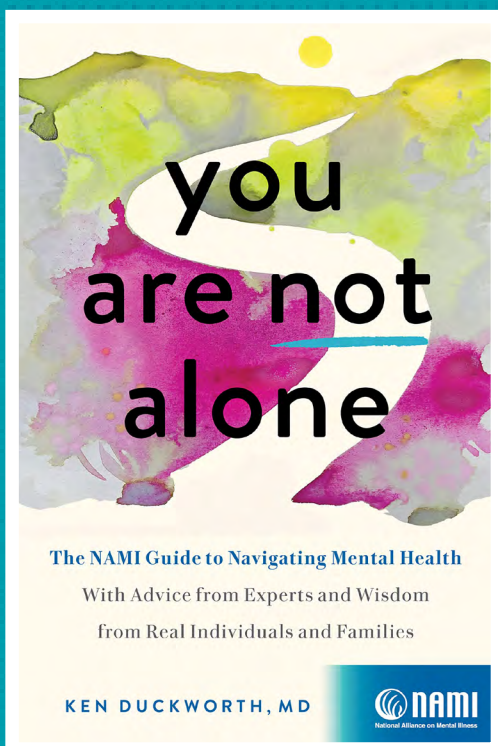
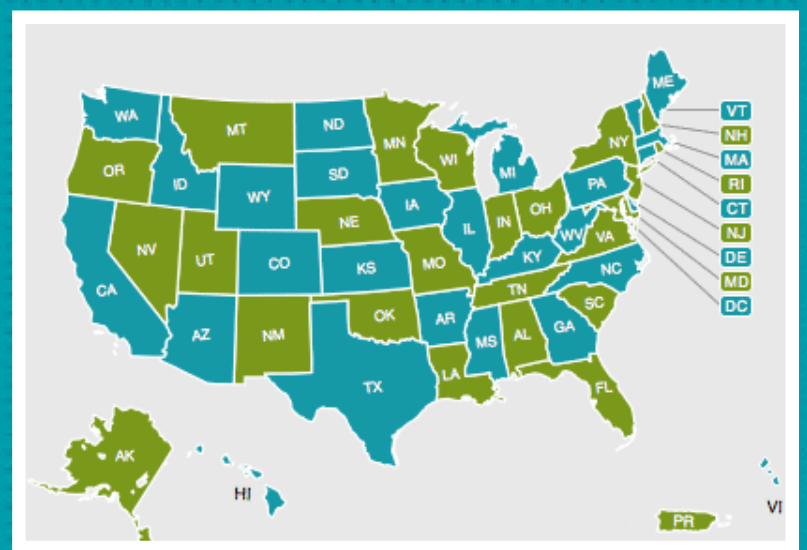
Call or text the NAMI HelpLine®

1-800-950-NAMI (6264)

Text "HelpLine" to 62640

Find your local NAMI

nami.org/findsupport



Read our book

**to find advice
and guidance.**



Find a support group

nami.org/supportgroups



**If you have to wait for an appointment,
you can start using other support
resources in the meantime.**

**Peer support groups, such as those
sponsored by NAMI, are available for free.**



NAMI.org