

## What is a NAMI Family Support Group?

NAMI Family Support Groups are free, confidential, and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.

**When: 2<sup>nd</sup> Monday, 7 PM, each month**

**Where: Video & Voice Conference**

**Send inquiry to [mike@namihighcountry.org](mailto:mike@namihighcountry.org) to join online group.**



## Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

**Contact us to find out more about NAMI Family Support Groups!**

For more information, contact:

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## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization. It is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI High Country is an affiliate of NAMI North Carolina. NAMI High Country, its members, and leaders work tirelessly to raise awareness and supply essential education, advocacy, and support group programs for people in the High Country affected by mental illness. We invite you to take part in our programs and to join us as a volunteer in this important work.