

Improving lives

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support, and education. Members of NAMI are families, friends, and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder.

Many NAMI affiliates offer an array of **support and education programs** for families and consumers. For information about what is available in your community, contact your local affiliate directly or visit www.nami.org.

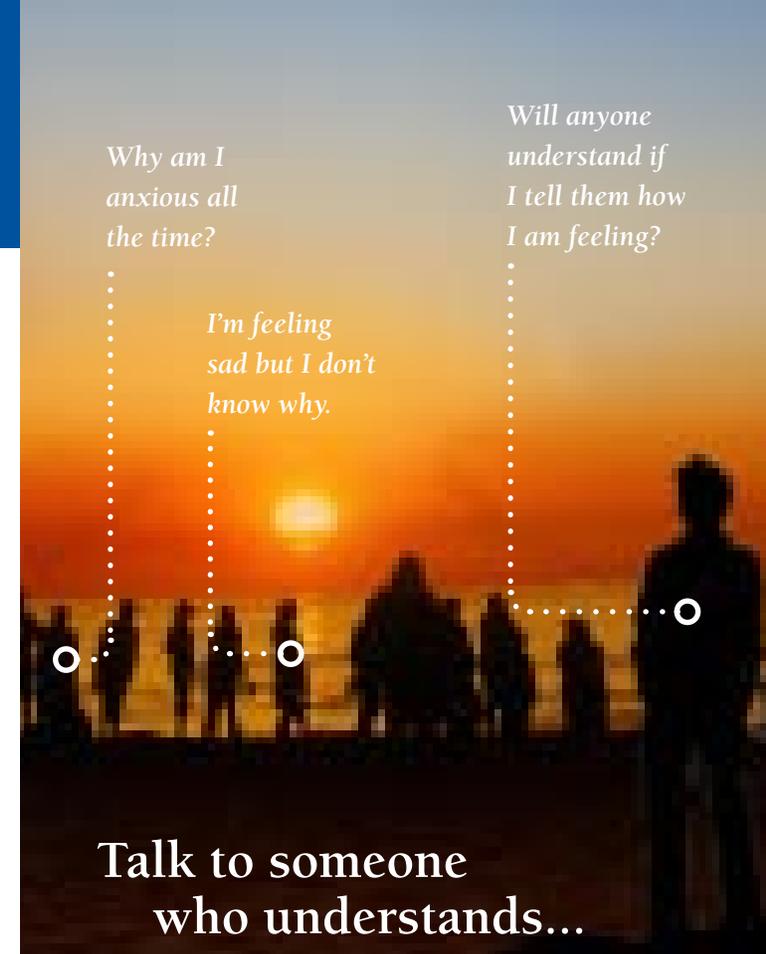
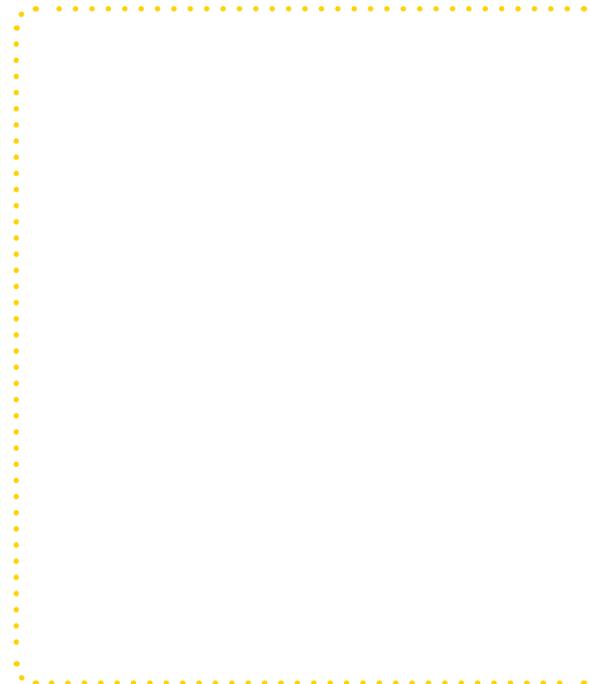
"NAMI Connection has helped me accept that I cannot solve all problems alone!"

○ Bridgeport, CT

How can I find a NAMI Connection Recovery Support Group in my community?

For the most up-to-date support group locations, please visit www.nami.org/connection, call the NAMI HelpLine at 1 (800) 950-NAMI (6264), or email info@nami.org.

Local Information:



Why am I
anxious all
the time?

Will anyone
understand if
I tell them how
I am feeling?

I'm feeling
sad but I don't
know why.

Talk to someone
who understands...

someone just like you

NAMI Connection

A Vital Link To Your Community
And A Key To Your Recovery





Recovery on your own time, at your own pace

A vital link to your community and a key to your recovery

Too often, mental illness is an isolating experience, accompanied by profound anxiety. For those diagnosed with a mental illness such as depression, bipolar disorder, schizophrenia, or other condition, talking with someone to share coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery.

NAMI Connection is a recovery support group program for people living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

How are NAMI Connection Recovery Support Groups structured?

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

There is no need to register—just come when you feel like you need someone to talk to.

The groups are led by trained individuals who are in recovery themselves. They understand your daily challenges and can offer you encouragement and support. All groups are **confidential**—you can share as much or as little personal information as you wish.

“NAMI Connection has helped me understand and accept my mental illness, and take the next step in my recovery. I love NAMI—this group has helped saved my own life and it will save many others.”

Jefferson City, MO

NAMI Connection groups should add to and not replace the treatment plan determined by you and your mental health care provider.

Who can attend a NAMI Connection Support Group?

NAMI Connection Recovery Support Groups are open to **all adults** with mental illness, regardless of diagnosis. Please feel welcome to drop by and share your feelings, difficulties, or successes. Everyone is a **valued participant**.

Anyone with a family member or friend with mental illness who needs support in their recovery process

can encourage them to attend a NAMI Connection group, too. Let them know how good it is to be with others who can say,

“I’ve been there, I understand.”

“This support group truly brings peoples’ lives together to cope—no matter their walk of life or situation.”

Los Angeles, CA

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