What is the NAMI Family Support Group?
NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping families who live with mental health challenges in their lives. Families join a caring group of individuals helping one another through their learned wisdom. Families are no longer alone and they have a renewed sense of hope for their loved ones living with mental health challenges.

What are the goals of NAMI Family Support Group?
To encourage, support and empower people
To provide this support free of charge and confidentially
To make this support available to any family member of an individual living with a mental illness
To provide a support group that is led by trained facilitators who are also family members of an individual living with mental illness themselves

What people are saying about NAMI Family Support Groups?
“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.” — A family caregiver

About NAMI
NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health challenges. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

How Can I find a NAMI Family Support Group?
Contact your local NAMI Affiliate if you or someone you know would like to attend a NAMI Family Support Group by visiting www.nami.org/local, or contact the NAMI HelpLine at (800) 950-NAMI (6264).