

Online Support Group



National Alliance on Mental Illness

NAMI

Family Support Group



Why should I attend?

- For adults whose loved ones are living with mental illness.
- Find help, hope and support in a confidential setting.
- Facilitators are trained family members who have been there.
- Gain strength and understanding from others with similar experiences.

FREE online group meets monthly on 1st and 3rd Wednesday at 7:00PM (CST)

Join by computer, mobile device or phone

Virtual support groups provide a new way for individuals to connect and gain the support that they need.

To learn more and to find out if our Family Support Group is right for you, contact us at 985-626-6538 or info@namisttammany.org

**No registration is required.*

For more information on this program and other mental health care resources, contact:



NAMI St. Tammany

National Alliance on Mental Illness

985-626-6538 • Toll Free: (888)521-2297

info@namisttammany.org • www.namisttammany.org

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