

What We Offer

SUPPORT AND INFORMATION

- **Family-to-Family (F2F) education program** for family members of people with severe mental illness. This program meets weekly to provide support, education, coping skills training, and crisis intervention help for family members.
- **Family Member Support Groups**; both of our support groups for people who have an adult loved one with mental illness meet monthly; our support group for parents with middle school through young adult children with mental health challenges meets weekly.
- **NAMI Connection Recovery Support Group** for adults living with mental illness meets weekly.
- **Workshops and Forum presentations** on topics of interest to individuals with mental illness and their families, e.g. treatments for mental illness, pathways to recovery, and coping strategies.
- **Weekly Updates and bi-monthly Newsletters** with information about affiliate activities, other local events and resources.
- **Responses to individual** phone calls and e-mail requests for information and support.



OUTREACH AND ADVOCACY

- **Speakers** who provide first-person accounts of mental illness or expert information for students, professionals, communities of faith and the public
- **Advocacy** for better public policy and improved services for people with mental illnesses

ON OUR WEBSITE (NAMIMainLinePA.org)

- FAQs
- Advice – Coping with Mental Illness
- How to Get Government Services
Intro to Services for Individuals with Mental Illness & Their Families in Southeastern Pennsylvania
- Resource Guide
- Criminal Justice Resources
- and much more...

All programs are free-of-charge.

Many of our events and support groups are held online and some in Main Line locations.

For information (including meeting dates and locations), Call: **267-251-6240**, Email: **info@NAMIMainLinePA.org** or Visit our website at: **www.NAMIMainLinePA.org**

Follow us on:   
