"I don't know where I'd be without NAMI Connection; it literally saved my life. I'm so grateful for my group and now I just want to share this program with everyone living with a mental illness"

NAMI Connection Participant

NAMI Connection

- Available in 47 states in the U.S.
- Available in some communities in Spanish as NAMI Conexión

To locate a support group, visit www.nami.org/local and contact the NAMI Affiliate in your area.

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey toward wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to your communities every day. We invite you to join our movement to ensure better lives for everyone.

www.nami.org/connection

NAMI HelpLine
800-950-NAMI or info@nami.org

NAMI Main Line PA
www.namimainlinepa.org
info@namimainlinepa.org

ΠΛΙΙΙ
National Alliance on Mental Illness

Stock photos used in this publication are not meant to indicate any particular attitude or opinion on the part of those whose images are being used and are not intended to indicate an endorsement by the subjects.

What should I know?

- Open to all adults living with mental health conditions, regardless of diagnosis
- Meets weekly for 90 minutes
- Free of cost to participants
- Led by people who successfully manage their own recovery
- No specific medical therapy or medication is endorsed or recommended

Why should I attend?

- Find community support in a confidential setting
- Discover your own inner strength
- Express yourself in a setting free of judgment
- Find hope in knowing you are not alone