

# 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.namiga.org](http://www.namiga.org).

*"NAMI Family Support Groups have helped me deal with my issues in having a daughter with a brain disorder, so that when my daughter was ready to get help, I was in the best place I could be to help her in her recovery."*

*Lawrenceville, Ga.*

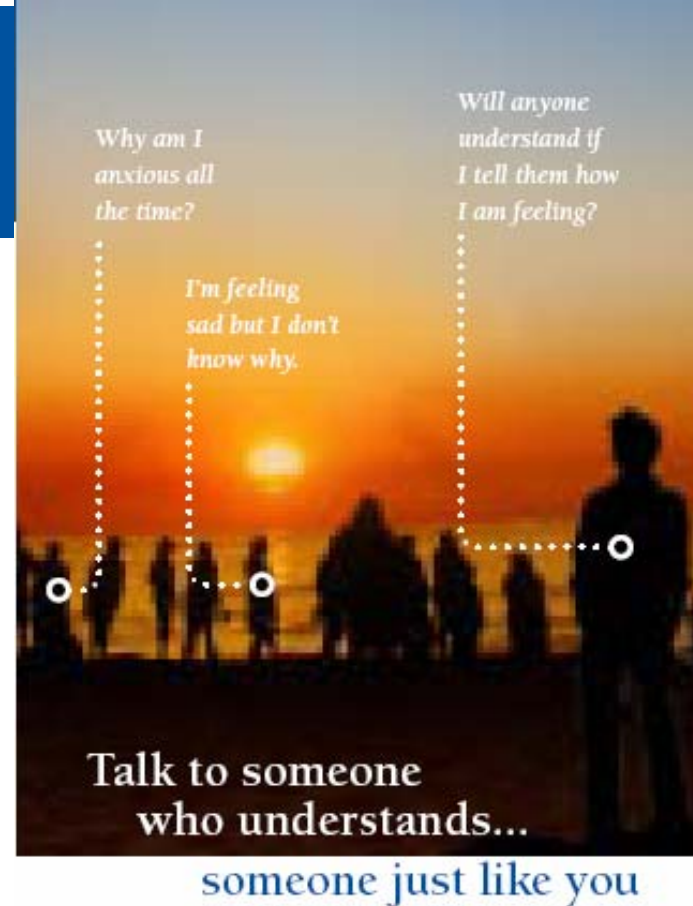
## How can I find a NAMI Family Support Group in my community?

For the most up-to-date support group locations, please visit [www.namiga.org](http://www.namiga.org), or call the NAMI Georgia Office at (770) 234-0855, or email [nami-georgia@nami.org](mailto:nami-georgia@nami.org).

### Local Information:



NAMI Georgia  
3050 Presidential Drive  
Suite 202  
Atlanta, Ga. 303240



## NAMI Family Support Groups

A Vital Link To Your Community  
And A Key To You and Your Loved One's  
Recovery





## A vital link to your community and a key to you and your loved one's recovery

Too often, mental illness is an **isolating experience**, accompanied by profound anxiety. When your family member or friend is 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 Family Support Group** is a recovery support group program for people whose loved one is living with mental illness. It is expanding in communities throughout the country. These groups provide a place that offers **respect, understanding, encouragement, and hope**.

# Recovery on your own time, at your own pace

## How are NAMI Family Support Groups structured?

NAMI Family Support 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 themselves have loved ones living with a mental illness. 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 Family Support groups should add to and not replace your current recovery plan.

## Who can attend a NAMI Family Support Group?

NAMI Family Support Groups are open to **all adults who have a family member or friend** who is living 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 Connections Support 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 people’s lives together to cope—no matter their walk of life or situation.”

Los Angeles, CA

NAMI Family Support Groups and  
NAMI Connections Support Groups:

“Partners in Recovery”