



National Alliance on Mental Illness

# nAMI | Family Support Group

## What is the NAMI Family Support Group Program?

NAMI Family Support Groups are free, confidential and safe groups of families helping other families who have a loved one with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one and themselves. The group is led by NAMI trained family members.

NAMI SE IN, the National Alliance on Mental Illness of Southeast IN (in Madison), offers its NAMI Family Support Group the second Thursday of every month, 6:00 PM to 7:30 PM, at The ClearingHouse in Madison, 100 East Second Street.



## Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“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.”

**Contact us to find out more about NAMI Family Support Groups!**

\*Meetings cancelled on holidays. Call ahead for plans regarding December meeting.



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## Southeast Indiana

***Questions? Call or Text us at:***

**812-292-1047**

***Or email us at:***

**[namimadison.in@gmail.com](mailto:namimadison.in@gmail.com)**

**[WWW.NAMI.ORG](http://WWW.NAMI.ORG)**

## 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 illness. NAMI SE IN is an affiliate of NAMI Indiana. NAMI SE IN and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.