

*"The most beneficial thing for me was knowing that I am not alone. I found NAMI Family Support Group at the time I really needed it!"*

*NAMI Family Support Group Participant*

## 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.

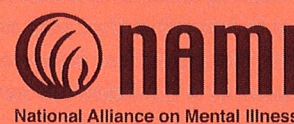
NAMI supports and enriches you and your family's unique journey towards wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure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

## NAMI Family Support Group

- Available in 42 states in the U.S. and in Mexico.
- Available in some communities in Spanish as Grupo de Apoyo para Familiares de NAMI.

To locate a support group, visit [www.nami.org/local](http://www.nami.org/local) and contact the NAMI Affiliate in your area.

NAMI San Mateo County  
1650 Borel Place, Suite 130  
San Mateo, CA 94402  
Phone: (650) 638 0800  
[www.namisanmateo.org](http://www.namisanmateo.org)

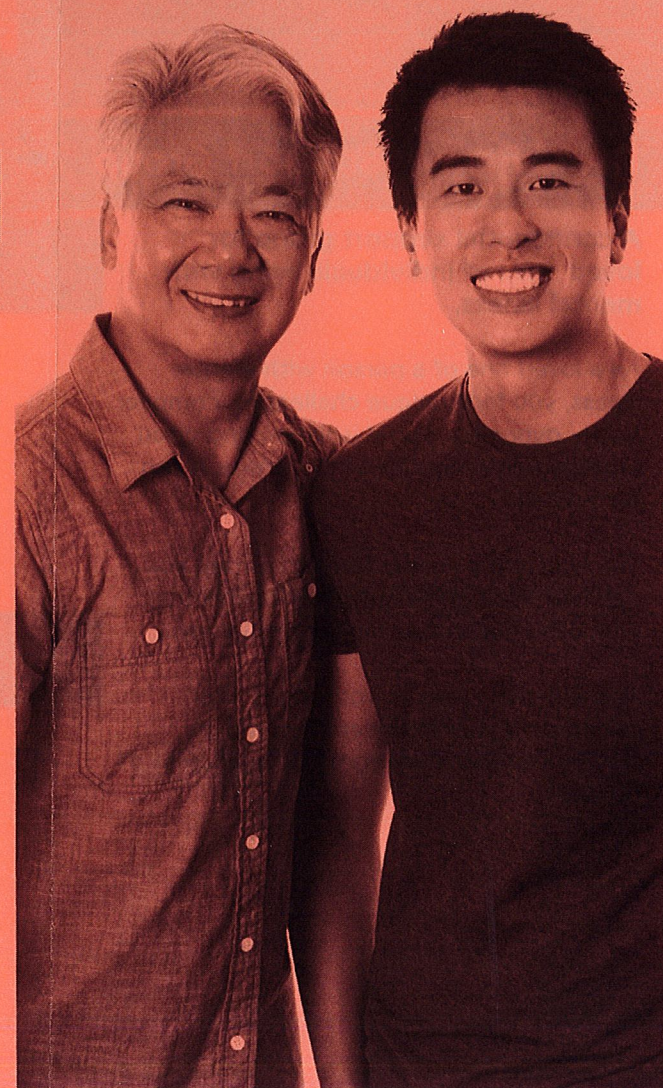


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## Family Support Group

**A Free Peer-led  
Support Program**





*"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 Participant*

## NAMI Family Support Group

**A confidential support group for loved ones of individuals living with mental illness.**

As a loved one of a person with mental illness, you face unique challenges: complex family dynamics, social isolation and often unpredictable aspects of the illness. It can be overwhelming.

Through NAMI Family Support Group you can find hope and support by connecting with others who face similar challenges.

You will gain support from peers who understand your experience as well as insight into the challenges and successes of others.



## What should I know?

- Open to adults with loved ones who live with mental illness.
- Free of cost to participants.
- Meets 60 or 90 minutes weekly or monthly.
- Led by trained family members of individuals living with mental illness.
- No specific medical therapy or medication is endorsed or recommended.

## Why should I attend?

- Be part of a community and experience a sense of belonging.
- Improve coping skills and discover your inner strength.
- Find hope in knowing that you are not alone.
- Learn from the collective knowledge and experience of other participants.
- Gain support in a confidential setting.