



National Alliance on Mental Illness

# NAMI | Family Support Group

## What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live 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 living with mental health challenges.

NAMI South Carolina, the state organization of the National Alliance on Mental Illness, will now offer its NAMI Family Support Group Program for Aiken, SC beginning **November 7th**. It will be held 1st Monday of each month from 6-7:30 at the YMCA, 621 Trolley Line Rd. Graniteville, SC 29829. People should come through the front door entrance and you will be directed from there to the location of the group.

### Participant Perspectives

"Before coming to the support group, we had never spoken about our daughter's mental illness to neighbors, friends and often not even to our relatives. That made it so hard to support our daughter."

"I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I needed."

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



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# NAMI South Carolina

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### 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 {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} 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.