

## WHAT IS THE NAMI CONNECTION RECOVERY SUPPORT GROUP PROGRAM?

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

- Free of cost to participants
- Designed for adults (18+) with mental health conditions
- Led by people with mental health conditions
- 90 minutes long and meets weekly, every other week or monthly (varies by location)
- No specific medical therapy or treatment is endorsed
- Confidential



## PARTICIPANT PERSPECTIVES

“... People can solve problems [at a NAMI Connection Recovery Support Group]. It isn't just a bunch of sad stories; people are coming up with solutions and stuff to do for the next week. One of our group attendees is taking her meds and getting herself to her counselor and is just about able to go back to her career in great part due to Connection.”

“NAMI Connection has enabled me to take a good look at my illness and see that I am not alone. The program has given me additional tools to not only accept my illness, but to help others along the way.”

## 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 Georgia is an affiliate of the National Alliance of Mental Illness. NAMI Georgia and dedicated volunteers and leaders work to raise awareness and provide education, advocacy, and support for people in our community living with mental health conditions and their loved ones.*