



# Men's Family Support Group



## What is the Men's NAMI Family Support Group Program?

**Men's NAMI Family Support Group** is a peer-led support group for any adult male with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI Franklin County, the local organization of the National Alliance on Mental Illness, offers its NAMI Men's Family Support Groups via Zoom. The Zoom Meeting ID is **666-903-2784**. The group is held **every 3<sup>rd</sup> Tuesday of each month from 6:00 p.m. – 7:30 p.m.**



## 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 Men's Family Support Groups!**



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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 Franklin County is an affiliate of NAMI Ohio. NAMI Franklin County 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.