



National Alliance on Mental Illness

nami

**Southeast
Kansas**

Mental Illness Peer & Family Support Group is a peer-led support group for individuals living with a mental health condition or symptoms of a mental health condition and the families of a loved one who is living with a mental illness or the symptoms. Join with others in a safe environment to share experiences, struggles, challenges, resources, and successes.

NAMI Southeast Kansas, an affiliate of NAMI Kansas, an organization of the National Alliance on Mental Illness, will offer its virtual **Mental Illness Peer & Family Support Group*** the 2nd and 4th Monday of each month. It is held via Zoom* beginning at 6:30 p.m. CST.



*Zoom link: <https://us02web.zoom.us/j/5634478341>

Meeting ID: 5634478341

To call in from your phone:

Dial: 1-253-215-8782

Enter Meeting ID: 5634478341#

For more information,

please contact: SEKNAMI@gmail.com

For more information about NAMI Kansas, please visit <https://namikansas.org/>

Participant Perspectives

“Before coming to the Support Group, I had never spoken about my partner’s mental illness to neighbors, friends and not even to our relatives. I felt so alone and isolated.”

“I just attended my first Support Group and the group experience was just the kind of support I was seeking and needing. It really works because everyone there can relate to similar struggles, challenges and experiences that are different and unique from those with a mental illness.”

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 Kansas, your local NAMI affiliate, & 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.

**Although this group is not a NAMI signature program, it does follow a similar model. Please visit namikansas.org for more information on NAMI Signature groups and educational classes.*