

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 members can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI West Side, the local organization of the National Alliance on Mental Illness, will offer a new NAMI Family Support Group Program for the Placitas area, beginning Thursday November 14th. It will be held on the second Thursday of each month at 6:30pm through 8:00pm at the Placitas Community Library in the Collin Room.



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.”

Check us out to find out more about NAMI Family Support Groups!

<https://namiriorancho.nm.org>

NAMI West Side
Rio Rancho, NM 87144
Office/Message Line: 505-990-2292

Placitas Family Support Group
Contact:
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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 West Side is an affiliate of NAMI New Mexico. NAMI West Side 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.