



Support Groups

find help - find hope - find support

**All support groups are FREE,
peer-led, and open to the public!**

Family Support Groups are open to any family, friend or loved one of an individual living with a mental health or co-occurring diagnosis. **Connection Support Groups** are open to any individual living with a mental health or co-occurring diagnosis. Some groups are designated for **Youth & Young Adults**.

Contact the Affiliate office associated with the meeting for the link to join or visit our website:

<https://namivirginia.org/online-programming>

Need help with something else?

Call our HelpLine at **1-888-486-8264**

or email info@namivirginia.org

Please note, the helpline does not provide crisis services.



1-888-486-8264
www.namivirginia.org
info@namivirginia.org





NAMI Connection Recovery Support Groups are free, peer-led, virtual support groups where individuals working to manage their mental health can share and learn from others in similar situations. Connection meetings are a great source for support, informal guidance, and coping strategies. All meetings are anonymous and confidential. Meetings take place virtually and are open to anyone in the state working to manage their mental health.

MONDAYS

- 10:00 - 11:30am
 - email contact@namicoastalvirginia.org or call (757) 499-2041
- 12:00 - 1:30pm
 - email nsv.nami@gmail.com
- 6:30 - 8:00pm - **First and Third of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749
- 7:00 - 8:30pm
 - email contact@namicoastalvirginia.org or call (757) 499-2041
 - email nsv.nami@gmail.com

TUESDAYS

- 7:00 - 8:30pm
 - email contact@namicoastalvirginia.org or call (757) 499-2041
 - email programs@namirapp.com or call (540) 724-6393
- 6:30 - 8:00pm - **Second and Fourth of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749
 - email namimidtidewater@gmail.com or call (804) 684-1480

WEDNESDAYS

- 7:00-8:30pm - **First and Third of the month - *for youth & young adults***
 - email contact@namicoastalvirginia.org or call (757) 499-2041
- 6:30 - 8:00pm - **Second and Fourth of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749

THURSDAYS

- 11:00am - 12:30pm
 - email contact@namicoastalvirginia.org or call (757) 499-2041
- 7:00 - 8:30pm - ***for People of Color***
 - email contact@namicoastalvirginia.org or call (757) 499-2041
- 7:30-9:00pm - **First and Third of the month - *for youth & young adults***
 - email info@namicentralvirginia.org or call (804) 285-1749
- 6:30 - 8:00 pm - **Fourth Thursdays - *for youth & young adults***
 - email sfontaine@namivirginia.org or call (804) 285-8264 (ext. 204)

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Free, peer-led, virtual support groups where family and friends of individuals working to maintain their mental health can share and learn from others in similar situations. Great source for support, informal guidance and coping strategies. All meetings are anonymous and confidential. Meetings take place virtually and are open to anyone in the state supporting someone with a mental health condition.

SATURDAYS

- 11:00am – 12:30pm - **First of the month** - *for Families of Color*
 - email info@namicentralvirginia.org or call (804) 285-1749

SUNDAYS

- 2:30 - 4:00pm - **First of the month**
 - email nsv.nami@gmail.com

MONDAYS

- 6:30-8:00pm - **Second and Fourth of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749

TUESDAYS

- 6:30-8:00pm - **First and Third of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749
- 7:00-8:30pm - **Fourth of the month**
 - email namiroanokevalley@gmail.com or call (540) 627-5533

WEDNESDAYS

- 6:30-8:00pm - **First & Third of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749
- 7:00-8:30pm - **First & Third of the month** - *for Parents and Caregivers*
 - email nanjum@namivirginia.org or call (804) 285-8264 (ext. 206)
- 7:00-8:30pm - **Second of the month**
 - email contact@namicoastalvirginia.org or call (757) 499-2041
 - email namimidtidewater@gmail.com or call (804) 684-1480
- 7:00-8:30pm - **Fourth of the month**
 - email contact@namicoastalvirginia.org or call (757) 499-2041

THURSDAYS

- 7:00-8:30pm - **Second & Fourth of the month** - *en Español*
 - email pwnamispanishsptgrp@gmail.com
- 6:00-7:30pm - **Fourth of the month** - *for Parents and Caregivers*
 - email info@namicentralvirginia.org or call (804) 285-1749



SUPPORT FOR YOUTH & YOUNG ADULTS

YOUTH & YOUNG ADULT MEET UPS

Online activity groups that provide an opportunity for youth living with mental health conditions and/or other systems experience (such as foster care, juvenile justice, special education etc.), to connect with each other over shared experiences.

THIRD TUESDAY

- 6:00-8:00pm - ***S.L.A.M Group (Share, Learn, Aspire, Mentor) for Youth & Young Adults (ages 16-24)***
 - email Melvin at mroy@umfs.org

SECOND & FOURTH THURSDAY

- 6:30pm-8pm - ***for Youth & Young Adults (ages 14-18)***
 - email sfontaine@namivirignia.org or call (804) 285-8264 (ext. 204)



FOR YOUNG ADULTS (ages 18-29)

FIRST & THIRD WEDNESDAYS

- 7:00-8:30pm
 - email contact@namicoastalvirginia.org or call (757) 499-2041

FIRST & THIRD THURSDAYS

- 7:30-9:00pm
 - email info@namicentralvirginia.org or call (804) 285-1749

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crisis lines

Suicide Prevention Hotline

1-800-273-TALK

Crisis Text Line

Text HELLO to 741741 or
message at facebook.com/CrisisTextLine

Military and Veteran Crisis Line

1-800-273-8255

YouthLine

1-877-968-8491 or
text teen2teen to 839863

Senior Loneliness HelpLine

1-800-282-7035

Post-Partum Depression HelpLine

1-800-944-4773 (4PPD)

Alcohol & Drug HelpLine

1-877-578-6624

LGBTQ+ HelpLine

1-866-488-7386

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