

Improving Lives

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education. Members of NAMI are families, friends and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

Many NAMI affiliates offer an array of support and education programs for individuals and families.

"NAMI Connection has helped me accept that I cannot solve all problems alone!"

Bridgeport, Conn.

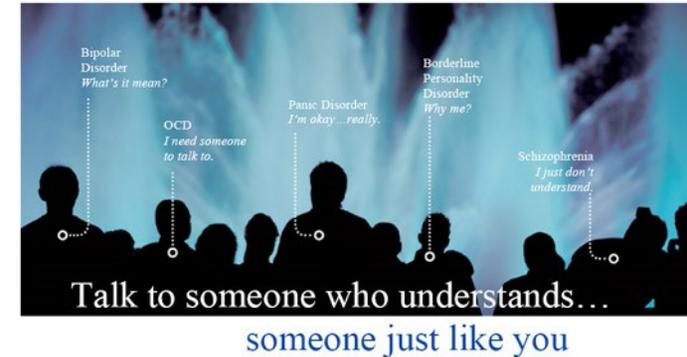


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For information on a
**NAMI Connection
Recovery Support Group**,
please visit our website:
www.namioc.org

Or call/email:

NAMI Orange County
714-544-8488
info@namioc.org



NAMI Connection

A Vital Link To Your Community

And

A Key To Your Recovery





Too often, mental illness is an isolating experience, accompanied by profound anxiety. For those diagnosed with a mental illness such as depression, bipolar disorder, schizophrenia or other condition, talking with someone to share coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery.

NAMI Connection is a recovery support group program for people living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers **respect, understanding, encouragement and hope**.

Recovery on your own time, at your own pace

How are NAMI Connection Recovery Support Groups structured?

Support groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

There is no need to register - just come when you feel like you need someone to talk to.

The groups are led by trained individuals who are in recovery themselves. They understand your daily challenges and can offer you encouragement and support. All groups are confidential - you can share as much or as little personal information as you wish.

“NAMI Connection has helped me understand and accept my mental illness, and take the next step in my recovery. I love NAMI - this group has helped save my own life and it will save many others.”
Jefferson City, MO.

Support groups should add to and not replace the treatment plan determined by you and your mental health care provider.

Who can attend a NAMI Connection Recovery Support Group?

Support groups are open to all adults with mental illness, regardless of diagnosis. Please feel welcome to drop by and share your feelings, difficulties or successes. Everyone is a valued participant.

Anyone with a family member of friend with mental illness who needs support in their recovery process can encourage them to attend a support group, too. Let them know how good it is to be with others who can say,

“I’ve been there, I understand.”

“This support group truly brings peoples’ lives together to cope - no matter their walk of life or situation.”

Los Angeles

