

## Affiliate Support Groups Meeting Virtually

While in-person Connection and Family Support Group meetings are cancelled, our affiliates are working together to offer online meetings Monday through Saturday throughout Florida. NAMI Support Groups offer respect, understanding, encouragement and hope. Find a group that meets your schedule – Contact the affiliate directly for registration information.

If you are in a need of immediate crisis support, please call the National Suicide Hotline at 1-(800) 273-8255 or call 2-1-1, option 8 or text the Crisis Text Line - Text 741741, free 24/7.

### NAMI Connection Meets Weekly Unless Noted

NAMI Connection Recovery Support Groups are for individuals 18 years or older who have experienced symptoms of a mental health condition.

<b><i>Monday</i></b>	<a href="#"><u>NAMI Broward</u></a> <a href="#"><u>NAMI Hernando</u></a> <a href="#"><u>NAMI Citrus</u></a>	<a href="#"><u>NAMI Lee, Charlotte &amp; Hendry</u></a> <a href="#"><u>NAMI Hillsborough</u></a> <a href="#"><u>NAMI Pasco</u></a>	<a href="#"><u>NAMI Miami-Dade</u></a> <a href="#"><u>NAMI Pinellas</u></a>
<b><i>Tuesday</i></b>	<a href="#"><u>NAMI Broward</u></a> <a href="#"><u>NAMI Collier</u></a> <a href="#"><u>NAMI Greater Orlando</u></a> <a href="#"><u>NAMI Jacksonville</u></a>	<a href="#"><u>NAMI Bay</u></a> <a href="#"><u>NAMI Okaloosa &amp; Walton</u></a> <a href="#"><u>NAMI Pensacola</u></a> <a href="#"><u>NAMI Tallahassee</u></a>	<a href="#"><u>NAMI Pinellas</u></a> <a href="#"><u>NAMI Volusia/Flagler/St. Johns</u></a> <a href="#"><u>NAMI Sarasota &amp; Manatee</u></a> <i>1<sup>st</sup> &amp; 3<sup>rd</sup> Tue</i> <a href="#"><u>NAMI Marion</u></a>
<b><i>Wednesday</i></b>	<a href="#"><u>NAMI Broward</u></a> <a href="#"><u>NAMI Gainesville</u></a> <a href="#"><u>NAMI Hillsborough</u></a> <a href="#"><u>NAMI Pasco</u></a>	<a href="#"><u>NAMI Hernando</u></a> <a href="#"><u>NAMI Palm Beach</u></a> <a href="#"><u>NAMI Martin</u></a> <a href="#"><u>NAMI Miami-Dade</u></a>	<a href="#"><u>NAMI Jacksonville</u></a> <a href="#"><u>NAMI Bay</u></a> <a href="#"><u>NAMI Okaloosa &amp; Walton</u></a> <a href="#"><u>NAMI Pensacola</u></a> <a href="#"><u>NAMI Tallahassee</u></a>
<b><i>Thursday</i></b>	<a href="#"><u>NAMI Broward</u></a> <a href="#"><u>NAMI Citrus</u></a>	<a href="#"><u>NAMI Greater Orlando</u></a> <a href="#"><u>NAMI Sarasota &amp; Manatee</u></a>	<a href="#"><u>NAMI Citrus</u></a>
<b><i>Friday</i></b>	<a href="#"><u>NAMI Broward</u></a> <a href="#"><u>NAMI Hernando</u></a>	<b><i>Young Adult 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Fri</i></b> <a href="#"><u>NAMI Palm Beach</u></a>	<b><i>Spanish – Every other Fri</i></b> <a href="#"><u>NAMI Miami-Dade</u></a>
<b><i>Saturday</i></b>	<a href="#"><u>NAMI Palm Beach</u></a> <a href="#"><u>NAMI Hernando</u></a>	<a href="#"><u>NAMI Pasco</u></a> <a href="#"><u>NAMI Hillsborough</u></a>	<a href="#"><u>NAMI Miami-Dade</u></a>

***NAMI Family Support Groups listed on next page***

## NAMI Family Support Group

NAMI Family Support groups are for individuals 18 years or older who are family members, significant others and friends of people who live with mental health challenges.

<b><u>Monday</u></b>	<b><u>Weekly</u></b> <a href="#">NAMI Greater Orlando</a> <a href="#">NAMI Jacksonville</a>	<b><u>2<sup>nd</sup> &amp; 4<sup>th</sup> Mon</u></b> <a href="#">NAMI Gainesville</a> <a href="#">NAMI Sarasota &amp; Manatee</a> <a href="#">NAMI Broward</a>	<b><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Mon</u></b> <a href="#">NAMI Martin</a> <b><u>2<sup>nd</sup> Mon</u></b> <a href="#">NAMI Marion</a>
<b><u>Tuesday</u></b>	<b><u>Weekly</u></b> <a href="#">NAMI Miami-Dade</a> <a href="#">NAMI Volusia/Flagler/ St. Johns</a>	<b><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Tue</u></b> <a href="#">NAMI Lee, Charlotte &amp; Hendry</a> <a href="#">NAMI Marion</a> <b><u>2<sup>nd</sup> &amp; 3<sup>rd</sup> Tue</u></b> <a href="#">NAMI Broward</a>	<b><u>2<sup>nd</sup> Tue</u></b> <a href="#">NAMI Bay</a> <a href="#">NAMI Okaloosa &amp; Walton</a> <a href="#">NAMI Pensacola</a> <a href="#">NAMI Tallahassee</a>
<b><u>Wednesday</u></b>	<b><u>Weekly</u></b> <a href="#">NAMI Hernando</a> <a href="#">NAMI Palm Beach</a>	<b><u>1<sup>st</sup> Wed</u></b> <a href="#">NAMI Sarasota &amp; Manatee</a> <b><u>2<sup>nd</sup> &amp; 4<sup>th</sup> Wed</u></b> <a href="#">NAMI Pinellas</a>	<b><u>For Caregivers of Youth (English/Spanish)</u></b> <a href="#">NAMI Miami-Dade</a>
<b><u>Thursday</u></b>	<b><u>Weekly</u></b> <a href="#">NAMI Pinellas</a> <a href="#">NAMI Citrus</a>	<b><u>4<sup>th</sup> Thurs</u></b> <a href="#">NAMI Bay</a> <a href="#">NAMI Okaloosa &amp; Walton</a> <a href="#">NAMI Pensacola</a> <a href="#">NAMI Tallahassee</a>	<b><u>3<sup>rd</sup> Thurs</u></b> <a href="#">NAMI Sarasota &amp; Manatee</a> <b><u>Spanish</u></b> <a href="#">NAMI Miami-Dade</a>
<b><u>Saturday</u></b>	<b><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Sat</u></b> <a href="#">NAMI Broward</a> <b><u>3<sup>rd</sup> Sat</u></b> <a href="#">NAMI Hernando</a>	<b><u>4<sup>th</sup> Sat</u></b> <a href="#">NAMI Pinellas</a>	<b><u>For Caregivers of Youth (English/Spanish)</u></b> <a href="#">NAMI Miami-Dade</a>

Note: NAMI Florida affiliates provide mutual support and education for those impacted by mental health conditions through peer support groups. The information and insight provided by group leaders and participants do not represent therapeutic recommendations and is not meant to be a substitute for the advice provided by a mental health provider or other qualified healthcare professional. NAMI Florida and affiliates take care to ensure participant safety and confidentiality. While attending support group meetings, group leaders will treat all participants with respect, listen without judgment and keep all personal sharing confidential. We will request you provide at least your first name, phone number, email address, and an emergency contact to register. This information will not be shared and will only be used in the event of a mental health crisis. If you have questions on Virtual Support Groups, please contact [programs@namiflorida.org](mailto:programs@namiflorida.org) for more information.