



**You are not alone in your feelings and experiences,
and you don't have to do this by yourself.**



For those of us affected by mental illness such as depression, anxiety, bipolar disorder, PTSD, schizophrenia, or other conditions, 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**. At the NAMI Connection Recovery Support Group, you have the opportunity to gain hope and mutual understanding in a safe and confidential setting. Practical, constructive ideas that are shared by the group may help you find solutions to current life challenges.

- **The Connection Recovery Support Group** is facilitated by a team of trained individuals who live in recovery from mental illness.

**Do any of these ideas
seem familiar to you?**

*"I always feel anxious, and it
really wears me out."*

*"I feel sad and depressed.
These feelings just won't
let go of me."*

*"My thoughts keep racing.
It's like they have a life of
their own."*

*"Sometimes my thoughts and
emotions really scare me."*

*"I've had thoughts of harming
myself because I'm in so much
pain."*

*"I want to talk to someone
about my overwhelming
thoughts and feelings.
But I'm afraid people will think
I'm crazy or just tell me to
"get over it"."*

*"No one understands.
I really feel alone."*



Questions?

Visit NAMIGreenvilleSC.org

Call 864.331.3300



NAMI Family Support Group is a peer-led support group for family members, caregivers and close friends of individuals living with mental illness. Voicing your experiences and hearing from others is a way to help you: **(a)** discover practical solutions to your current difficulties, **(b)** find strength in sharing with others, **(c)** learn coping skills and important self-care practices, and **(d)** locate needed services.

- **The Family Support Group** is facilitated by a team of trained family members whose loved ones are affected by mental illness.

Note: Both groups are for individuals 18 and older. There is no cost to attend and no registration. Just come when you need someone to talk to.

*** Connection and Family Groups meet separately.**

Groups and Locations	Dates/Times
* <u>Connection and Family Groups</u> Westminster Presbyterian Church 2310 Augusta St., Greenville, SC 29605	Every Monday 6:15pm–7:45pm
* <u>Connection and Family Groups</u> Taylors First Baptist Church 200 W Main St., Taylors, SC 29687	2nd & 4th Thursdays of each month 6:15pm–7:45pm
<u>Veterans Connection Group Only</u> VA Clinic 41 Park Creek Dr. Greenville, SC 29605	1st & 3rd Wednesdays of each month 9:30am–11:00am

Additional resources on other side



View additional information at:
NAMIGreenvilleSC.org
Phone: 864-331-3300
Email: info@namigreenvillesc.org

Education and Programs Offered by NAMI Greenville

Education classes are offered often depending upon demand and teacher availability.

Classes are for individuals 18 and older. **There is no cost to attend.** *Advanced registration is required.

Family-to-Family Education

Family-to-Family consists of a series of 12 classes for families of persons with psychiatric and mood disorders. The course balances basic education about the disorders along with skill training, self-care, emotional support and empowerment.

Peer-to-Peer Education

Peer-to-Peer is a recovery-focused educational program for adults who desire to establish and maintain wellness in response to mental health challenges. Over a course of 10 classes, participants learn critical information and successful strategies for living with mental illness.

Basics

A six-week education program for parents and other caregivers of children and adolescents living with mental illness. Program provides education concerning diagnosis and symptoms, as well as school issues and support.

In Our Own Voice

In Our Own Voice is a 60-90 minute speaking program for community organizations. Speakers share personal stories of their experience with mental illness and the tools they use to stay in recovery. Speakers also challenges attitudes and preconceived notions regarding mental illness.

Parents & Teachers as Allies

This two-hour presentation for educators is designed to assist teachers with early identification of children who are may be at risk for a mental illness—early detection can help this children get on the right track in school to be successful.

Crisis Intervention Training

CIT educates and prepares law enforcement officers to recognize signs and symptoms of mental illnesses. It also trains officers to respond effectively and appropriately to a person who is experiencing a psychiatric crisis.

For more information on classes and programs, and to access our event calendar, visit:

<http://namigreenvillesc.org/support-programs/education-classes/>

You can also receive additional information by calling the phone number at the top of this page.