



Online Family and Friends Support Group

Thursday from 7:00 pm to 8:30 pm

Group Size is limited to 15 Participants

If you are not one of the 15 registered, you are placed on a wait-list and notified by NAMI Frederick via email

Register to attend at supportgroups@namifrederick.org

Zoom links open **30 minutes early** for each session.

- Thursday, June 4, 2020 will be the first open NAMI-Frederick online support group. Other groups around the state and the country have had experience online. We are following our Maryland NAMI state guidelines and using one of their Zoom licenses.
- NAMI Family Support groups are for individuals 18 years or older who are family members, significant others and friends of people who have experienced symptoms of a mental health condition. We ask that you please register to receive the Zoom meeting information. The group starts at 7:00 p.m.; BUT we are requesting the facilitators and participants to log in early for any troubleshooting needs. The group will start and stop on time. We are sorry, but we cannot allow entering the meeting late.

We ask you to please register with at least your first name(s), phone number, email address, and an emergency contact. NAMI FC takes care to ensure participant safety and confidentiality. This information will not be shared and will only be used in the event of a mental health crisis. If you have questions about the info we are collecting, contact supportgroups@namifrederick.org .

NAMI Frederick County provides 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

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, then press 1. For more information or referral press 2. You may use the Crisis Text Line by Texting 741741; a free 24/7 service.
