

MIMIND TOOLS

NAMI and NAMI Support Groups

NAMI Mental Health Support Groups

NAMI (National Alliance on Mental Illness) provides excellence in support, education and advocacy as a grassroots volunteer organization dedicated to maximizing the quality of life for all who are impacted by mental illness and eliminating the associated stigma.

In-person and virtual support groups are held regularly and open to all.

NAMI United States

1-[800-950-NAMI](tel:1-800-950-NAMI) or (517) 485-4049

Text "NAMI" to 741741

National Website: <https://nami.org/home>

NAMI Michigan

<https://nami.org/Find-Your-Local-NAMI/Affiliate/Programs?state=MI>

Visit the NAMI Michigan website to find NAMI support groups throughout the state of Michigan. Attend virtually or in person.