



Free Online Mental Health Support Groups

NAMI Metropolitan Baltimore

is offering free, peer-led support groups online!
Register now at www.namibaltimore.org or
call our HelpLine for more information.



nami
National Alliance on Mental Illness

Metropolitan
Baltimore



Call Our HelpLine

(410) 435-2600

MONDAY - FRIDAY 9 - 5



NAMI Peer Support Group

Saturday Mornings
10:30 AM - 12:00 PM

1st and 3rd Wednesdays starting June 17
6:00 PM - 7:30 PM

For individuals living with a
mental health condition
18+



NAMI Family Support Group

Thursday Evenings
7:00 PM - 8:30 PM

For family members of
someone living with a
mental health condition



NAMI Young Adult Peer Support Group

2nd and 4th Wednesdays
6:00 PM - 7:30 PM

For individuals 18-39 years
of age living with a mental
health condition