

What to Expect at a NAMI Family Support Group

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What is the purpose of a NAMI Family Support Group?

To share your feelings, difficulties, and successes with other family members and friends who may be going through the same struggles and successes as you are. You may gain some new ideas as well.

Our Support Group listing can be found on our website at www.namivalleyofthesun.org/support-groups

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Where can I find these support groups?

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How much does it cost to attend a NAMI Family Support Group Meeting?

All NAMI Programs are provided to the community at no cost to them

No, but it is highly recommended that you go online to www.namivalleyofthesun.org before attending any support group meetings. That way you can confirm that the group will be meeting on the date you plan to attend. On occasion meetings are cancelled due to holidays, illness or other factors. The website will state these changes as soon as it is known.

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Do I need to sign up in advance?

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Who will be at a NAMI Family Support Group Meeting?

Our support groups welcome all family members and friends who have a loved one with a mental illness to come share their struggles, successes and hope.

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Who leads the group?

Our support groups are led by trained volunteers who have family members or loved ones living with a mental illness. Their role is to help guide the meetings so that they are as useful and supportive as possible for all attendees. Group leaders might share resources, or describe what worked or did not for them in the past, but never in the role of an expert

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Is this the same as group therapy?

No. Group therapy is run by a mental health professional, such as a therapist or counselor. In a support group all participants- including the facilitators- are treated as equals. No one attending acts as, a therapist, expert or clinician.

#8

What usually happens first?

Someone will greet you and share how the group is set up. There is a sign-in sheet asking for basic information; this is to help NAMI Valley of the Sun keep numbers on how many are attending. Someone will read the group guidelines. Everyone is given an opportunity to introduce themselves however you don't have to if you don't want to.

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Do I need to disclose my story or situation?

No, no one is required to speak. If you decide to share, that information will never be discussed outside of the group.

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Why should I attend a Family Support Group?

Attending a Family Support Group has many benefits such as finding a community that understands having a safe place to share your feelings and thoughts is important, and to gain a support system.