



## About National Alliance on Mental Illness

**NAMI** is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. **NAMI** advocates for access to services, treatment, supports and research, and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.



### National Alliance on Mental Illness of Adams County

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[nami.org](http://nami.org)

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**303.853.3770**  
[nami.org](http://nami.org)

# Friends & Family Support Group

**We're Here for You!**



Provided by the  
**National Alliance on Mental Illness of Adams County**



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## What is the Friends & Family Support Group?

The Friends & Family Support Group is a group of families, friends, and individuals whose lives are touched by mental illness. Our mission is to support each other, develop a network with others who can relate to one another non-judgmentally, and to improve the quality of life for those living with a mental health challenge by working to ensure non-discriminatory access to quality health care, housing, education, and employment.

## Support

Anyone dealing with a mental illness, including consumers, family members and friends, can benefit from the support and understanding that Friends & Family Support Group offers. Keeping silent about mental illness promotes isolation, which leads to feelings of frustration and hopelessness.

Each Friends & Family Support Group meeting provides participants time for sharing challenges and triumphs related to their experience with mental illness, and an opportunity to give and receive emotional support.

## Advocacy

Friends & Family Support Group believes persons who have a mental health challenge should not be discriminated against. We assist individuals in advocating for themselves, in order to allow them equal opportunity to do the things that bring meaning and purpose to all our lives.



## Education

Knowledge about the causes, treatments, and successful recovery from mental illness will eliminate false myths and stereotypes. Left untreated, some mental illnesses can affect a person's thinking, feelings and ability to relate to others. Friends & Family Support Group meetings frequently feature presentations by mental health professionals and educational discussions.

**NAMI** of Adams County also offers the Family-to-Family Program. It is a free 12-week course hosted by Community Reach Center, for families and friends of individuals living with serious, persistent mental illness.

### When:

Last Wednesday of every month 7:00 to 9:00 pm.

### Where:

**Community Reach Center**

8931 Huron St.

Thornton, CO 80260

(Meeting cancellations are rare but do occur occasionally. Contact Sheryl Bain s.bain60@gmail.com or 303-853-3770 to confirm the meeting that you plan to attend.)

