



FREE Support Groups for Persons with Mental Illness

(for Consumers of Mental Health Services)

*Do you live with a severe and chronic mental illness such as:
Major Depression ♦ Anxiety ♦ Schizophrenia ♦ Bipolar Disorder*

Attend our FREE peer-led support group for mental health consumers.

Saturday Mornings 10:30 am to 12:00 noon

Support group members come together to share information and opinions on how to handle similar situations and cope effectively with mental illness.

Govans (South of Towson)

NAMI-Metropolitan Baltimore, Inc.
at Govans Boundary United Methodist Church
5210 York Road, Baltimore, MD 21212

(4 blks north of Cold Spring Lane, 1 mile south of Northern Pkwy) Entrance and free parking behind church

For more information, please call: 410-435-2600

Sponsored by NAMI (National Alliance on Mental Illness) Metropolitan Baltimore, Inc.
www.nami.org/sites/namimetrobaltimore

FREE Support Groups for Relatives of Persons with Mental Illness

*Do you have a relative with a severe mental illness such as:
Major Depression ♦ Anxiety ♦ Schizophrenia ♦ Bipolar Disorder*



Free support groups for relatives and “significant others” of persons with mental illness in the Baltimore metropolitan area. Groups, led by trained relatives, share common issues and discuss possible solutions.

♦ Participate in frank discussions ♦ Share group wisdom ♦ Learn coping skills

*“The support groups made me realize I am not alone...
I get ideas and useful suggestions. It helps!” — NAMI Support Group Member*

Thursday Evenings 7 – 8:30 pm

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