



National Alliance on Mental Illness

nami

Northern Kentucky

SUPPORT GROUPS *now* VIRTUAL!

Are **YOU** experiencing symptoms of anxiety, depression, PTSD, bipolar, schizophrenia, or any other mental health condition?

Is a **Loved One** or **Friend** experiencing anxiety, depression, PTSD, bipolar, schizophrenia, or any other mental health condition?

Find Support through
NAMI NKY!

Visit our website for more helpful information:
www.naminky.org

Please contact NAMI NKY to register or for more information

NAMI NKY
1002 Monmouth Street
Newport, KY 41071

Phone: 859-392-1730
E-mail: info@naminky.org

NAMI NKY knows the importance of supporting our communities with our FREE mental health resources. Especially during this time of social distancing and isolation.

Therefore, NAMI NKY is **EXCITED** to announce that we are going *virtual* with our Connections and Family & Friends Support Groups.

For safety and confidentiality of our groups, a **pre-registration screening is required** before attending groups and then participants will receive an email containing log-in or call-in information.

[Family & Friends Support Group](#) (the loved ones or friends supporting someone with a mental health condition) starting May 5, 2020

Every Tuesday from 7-8:30 pm

[Connections Support Group](#) (those experiencing mental health conditions) starting May 6, 2020 and May 7th, 2020,

Every Wednesday from 7-8:30 pm

Every Thursday from 11a- Noon

We look forward to seeing everyone!