



Support Groups

find help - find hope - find support

**All support groups are FREE,
peer-led, and open to the public!**

Family Support Groups are open to any family, friend or loved one of an individual living with a mental health or co-occurring diagnosis. **Connection Support Groups** are open to any individual living with a mental health or co-occurring diagnosis. Some groups are designated for **Youth & Young Adults**.

Contact the Affiliate office associated with the meeting for the link to join or visit our website:

<https://namivirginia.org/online-programming>

Need help with something else?

Call our HelpLine at **1-888-486-8264**

or email info@namivirginia.org

Please note, the helpline does not provide crisis services.



1-888-486-8264
www.namivirginia.org
info@namivirginia.org





NAMI Connection Recovery Support Groups are free, peer-led, virtual support groups where individuals working to manage their mental health can share and learn from others in similar situations. Connection meetings are a great source for support, informal guidance, and coping strategies. All meetings are anonymous and confidential. Meetings take place virtually and are open to anyone in the state working to manage their mental health.

MONDAYS

- 10:00 - 11:30 AM
 - Email contact@namicoastalvirginia.org or call 757-499-2041
- 12:00 – 1:30 PM
 - Email nsv.nami@gmail.com or call 540-533-1832
- 6:30 – 8:00 PM - **Second and Fourth Monday** of each month
 - Email info@namicva.org or call 804-285-1749
- 6:30 - 8:00 PM - **1st and 3rd Monday** of each month
 - Email info@namicva.org or call 804-285-1749
- 6:30 – 8:30 PM - **Second and Fourth Monday** of each month
 - Email weigelww@yahoo.com or call 540-347-9104
- 7:00 – 8:30 PM
 - Email contact@namicoastalvirginia.org or call 757-499-2041
- 7:00 - 8:30 PM
 - Email nsv.nami@gmail.com or call 540-533-1832

TUESDAYS

- 11:00 - 12:30 PM
 - Email contact@namicoastalvirginia.org or call 757-499-2041
- 7:00 – 8:30 PM
 - Email contact@namicoastalvirginia.org or call 757-499-2041
- 7:00-8:30 pm - **for LGBTQI**
 - Email dominickhalse@gmail.com

WEDNESDAYS

- 6:30 - 8:00pm - **Second and Fourth of the month**
 - email info@namicva.org or call (804) 285-1749

THURSDAYS

- 11:00am - 12:30pm
 - email contact@namicoastalvirginia.org or call (757) 499-2041
- 7:00 - 8:30pm - **for People of Color - Second and Fourth of the month**
 - email contact@namicoastalvirginia.org or call (757) 499-2041
- 7:15 – 8:45 PM - 2nd and 4th Thursday
 - Email info@nami-nova.org or call 703-200-3379/703-868-8530
- 7:00 - 8:30 PM - **for Young Adults Under 30**
 - Email nsv.nami@gmail.com or call 540-533-1832

SATURDAYS

- 10:15 – 11:45 AM - **First and Third of the month**
 - Email info@nami-nova.org

www.namivirginia.org

Free, peer-led, virtual support groups where family and friends of individuals working to maintain their mental health can share and learn from others in similar situations. Great source for support, informal guidance and coping strategies. All meetings are anonymous and confidential. Meetings take place virtually and are open to anyone in the state supporting someone with a mental health condition.

SATURDAYS

- 11:00am – 12:30pm - **First Saturday of the month - *for Families of Color***
 - email info@namicentralvirginia.org or call (804) 285-1749

MONDAYS

- 6:30-8:00pm - **Second and Fourth Monday of the month**
 - email info@namicva.org or call (804) 285-1749

TUESDAYS

- 6:30-8:00pm - **First and Third Tuesday of the month**
 - email info@namicentralvirginia.org or call (804) 285-1749
- 6:30 - 8:30 PM - **Second and Fourth Tuesday of the month**
 - email weigelww@yahoo.com or call (540) 347-9104
- 7:00-8:30pm - **Fourth Tuesday of the month**
 - email namiroanokevalley@gmail.com or call (540) 627-5533
- 7:00-8:30pm
 - info@namiwilliamsburg.org or leave a message at (757) 220-8535
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WEDNESDAYS

- 6:30-8:00pm - **First, Third and Fifth Wednesday of the month**
 - email info@namicva.org or call (804) 285-1749
- 7:00-8:30 pm
 - Details at www.namicoastalvirginia.org or call 757-499-2041
- 7:00-8:30pm - **Second and Fourth Wednesday of the month**
 - email namimidtidewater@gmail.com or call (804) 684-1480

THURSDAYS

- 6:00-7:30pm - **Fourth Thursday of the month**
 - email info@namicva.org or call (804) 285-1749



SUPPORT FOR YOUTH & YOUNG ADULTS

YOUTH & YOUNG ADULT MEET UPS

Online activity groups that provide an opportunity for youth living with mental health conditions and/or other systems experience (such as foster care, juvenile justice, special education etc.), to connect with each other over shared experiences.



FOR YOUNG ADULTS (ages 18-29)

FIRST & THIRD WEDNESDAYS

- 7:00 - 8:30pm - Second and Fourth Thursdays
 - coming May 27th - email nsv.nami@gmail.com

FIRST & THIRD THURSDAYS

- 7:30-9:00pm
 - email info@namicentralvirginia.org or call (804) 285-1749

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crisis lines

Suicide Prevention Hotline

1-800-273-TALK

Crisis Text Line

Text HELLO to 741741 or
message at [facebook.com/CrisisTextLine](https://www.facebook.com/CrisisTextLine)

Military and Veteran Crisis Line

1-800-273-8255

YouthLine

1-877-968-8491 or
text teen2teen to 839863

Senior Loneliness HelpLine

1-800-282-7035

Post-Partum Depression HelpLine

1-800-944-4773 (4PPD)

Alcohol & Drug HelpLine

1-877-578-6624

LGBTQ+ HelpLine/TrevorLine

1-866-488-7386

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