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FOR IMMEDIATE RELEASE:

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NAMI San Diego features a new weekly support group for those with mental illness

SAN DIEGO—NAMI Connection is a new recovery support group program for adults living with mental illness and is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

For many, having a mental illness is a very isolating experience. Meeting with others to discuss insights and coping strategies has been shown to be helpful in the recovery process.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

All groups are confidential—participants can share as much or as little personal information as they wish. Support groups are open to all adults with mental illness, regardless of diagnosis. There is no need to register and participants should feel welcome to drop by and share feelings, difficulties, or successes.

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots organization dedicated to improving the lives of everyone affected by mental illness. And, in reality, that is everyone as we all either know someone who has mental illness or we experience it ourselves. NAMI engages in support, education, research and advocacy. NAMI San Diego offers a number of educational classes for both those who have mental illness and their loved ones as well as an informational helpline and other outreach services. All of NAMI San Diego services are provided at no charge.

NAMI Connection meetings are held every Thursday starting May 7, 2009 from 6:00 - 7:30 p.m. at the NAMI San Diego Office, 4480 30th St, San Diego, 92116.

For more information, call (619) 543-1434 or (800) 523-5933 or go to www.namisandiego.org

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