

You are not alone.

Over sixty million Americans are diagnosed with a **mental illness**. A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD), and borderline personality disorder. The good news about mental illness is that recovery is possible.

Mental illnesses can affect people of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

When: First Tuesday of each month

Where: Via Zoom

Call or text: 270-725-0481

Email:
register@namibg.org

If you have been diagnosed with a mental illness, there are others like you. You are **NOT** alone! You are invited to attend a Connection Recovery Support Group which gathers individuals with mental illnesses and offers peer counsel and friendship. Sometime just having someone to listen helps!