



# Illinois Online Support Groups

## The Support You Need Without Leaving Your Home!

NAMI Illinois works with local affiliates to host free Zoom virtual support groups, classes and events open to anyone in Illinois

### Current Support Groups

**NAMI Connection Recovery Support Group**

**NAMI LGBTQ+ Connection Recovery Support Groups**

**NAMI Young Adults Connection Recovery Support Groups**

**NAMI Family Support Group**

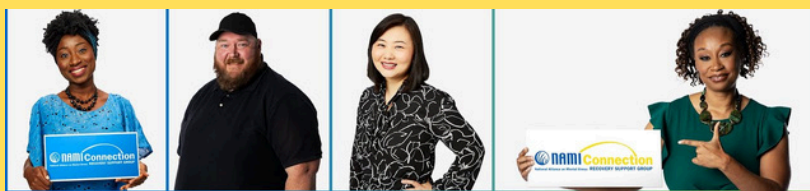
**NAMI Grupo de Apoyo para Familiares**

**NAMI Parents Support Group**



DUE TO CONFIDENTIALITY, WE DO NOT ALLOW ANYONE OTHER THAN THOSE LIVING WITH A MENTAL HEALTH CONDITION TO ATTEND SUPPORT GROUPS. THIS INCLUDES, BUT IS NOT LIMITED TO, FAMILY, FRIENDS, STUDENTS WHO WISH TO OBSERVE, RESEARCHERS, AND MORE.

To register for any of the support groups below, please visit [namiillinois.org/calendar](https://namiillinois.org/calendar) and click on the support group you wish to attend from the calendar.



**NAMI SUPPORT GROUPS: A SAFE SPACE**