

## What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Austin, the local organization of the National Alliance on Mental Illness, offers a **NAMI Family Support Group Program specifically for family members and friends of persons with an eating disorder**. You can get more details on our website at [www.namiaustin.org](http://www.namiaustin.org) or by calling our office at **512.420.9810**.



## Participant Perspectives

"I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time."

"Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives."

"The most beneficial thing for me was that I am not alone. I found the NAMI Family Support Group at the time I really needed it!"

**Contact us to find out more about NAMI Family Support Groups!**



Join us at

**Faith Lutheran Church**  
**2<sup>nd</sup> Saturday of each month**  
**10:30 a.m.-12:00 noon**

Please contact the facilitator before attending at  
[go.recovery08@gmail.com](mailto:go.recovery08@gmail.com)  
for details on location and guidelines.

*This support group is open to family members and friends  
of individuals living with an eating disorder.*



## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Austin is an affiliate of NAMI Texas.

*"Eating disorders frequently occur in people with other  
mental illnesses, including depression, anxiety  
disorders and substance abuse issues. Eating disorders  
are some of the most challenging mental illnesses."  
-National Alliance on Mental Illness (NAMI)*