



Appalachian South

[NAMI Support Groups](#)

NAMI support groups provide a confidential, safe place to share your stories, struggles and successes with mental health issues and receive encouragement and understanding. All groups are held free of charge and held on a drop-in basis.

[NAMI Connections Support Group](#)

This support group is for individuals who have been diagnosed with a mental illness (depression, bipolar disorder, GAD, PTSD, schizophrenia, OCD and substance use disorder, as well as others) and family members/caregivers and friends of those with a mental illness.

[NAMI Family Support Group](#)

NAMI Family Support Group is for the family members/caregivers and friends of those living with a mental illness.

[NAMI Connections Support Group](#)

This support group meets every Thursday from 7:00-8:30pm at the First United Methodist Church Outreach Center located at the intersection of Harrison Ave. and West Main St. across from the Lazy Hiker.

[NAMI Family Support Group](#)

NAMI Family Support Group meets every second Tuesday of the month at 7:00pm at the First United Methodist Church Outreach Center (refer to above mentioned directions).

For more information on NAMI AS contact:
Kay Billingsly- (706) 970-9987

[NAMI Connections](#)

NAMI Connections meets every 1st Thursday of each month at 6:30pm in the 2nd floor classroom at Haywood Regional Medical Center.

For more information contact:

Mary Ann: (828) 779-1923
namihaywood@juno.com

Connection and Family Support Groups

Both Connection and Family Groups meet on the first Saturdays at 10:00am and the third Tuesdays at 6pm. Connection also meets on the second and fourth Mondays at 11am. Support groups meet at:
356 Biltmore Ave. (upper level)
Asheville, NC 28801

For more information contact
NAMI Western Carolina
(828) 505-7353
Info@namiwnc.org or www.namiwnc.org
[Facebook.com/NAMI Western Carolina](https://www.facebook.com/NAMIWesternCarolina)

2017 Training Schedule

The NAMI NC Training Schedule is as follows:

May 20 Parents and Teachers as Allies
July 7-9 Family to Family
Aug. 18-20 Peer to Peer
Oct. 21-22 Family Support Group
Dec. 2-3 Connection Support Group

Register online by going to the NAMI NC website:

www.naminc.org

2017 NAMI NC Statewide Conference

The Challenge of Change: Moving Forward in Mental Health

Friday, October 13
Durham Convention Center
Durham, NC

Tell Your Story

It's important for people living with mental health conditions to know that they are not alone.

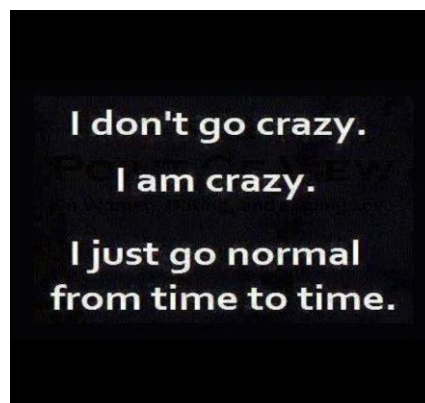
Sharing a story about your personal experiences with mental health challenges can help in your own recovery as well as provide encouragement and support to others with similar experiences.

Telling your story can take several forms:

- Pros/Poetry
- Song Lyrics/Music
- Inspirational quotes
- Art
- Photos
- Videos

NAMI offers two safe, moderated spaces for sharing stories and creative expression:

You Are Not Alone
<http://notalone.nami.org>
OK 2 Talk
<http://ok2talk.org>



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