What We Offer

SUPPORT AND INFORMATION

- Family-to-Family (F2F) education program for family members of people with severe mental illness. This program meets weekly to provide support, education, coping skills training, and crisis intervention help for family members.

- Family Member Support Groups: both of our support groups for people who have an adult loved one with mental illness meet monthly; our support group for parents with middle school through young adult children with mental health challenges meets weekly.

- NAMI Connection Recovery Support Group for adults living with mental illness meets weekly.

- Workshops and Forum presentations on topics of interest to individuals with mental illness and their families, e.g. treatments for mental illness, pathways to recovery, and coping strategies.

- Weekly Updates and bi-monthly Newsletters with information about affiliate activities, other local events and resources.

- Responses to individual phone calls and e-mail requests for information and support.

OUTREACH AND ADVOCACY

- Speakers who provide first-person accounts of mental illness or expert information for students, professionals, communities of faith and the public

- Advocacy for better public policy and improved services for people with mental illnesses

ON OUR WEBSITE (NAMIMainLinePA.org)

- FAQs
- Advice – Coping with Mental Illness
- How to Get Government Services
- Intro to Services for Individuals with Mental Illness & Their Families in Southeastern Pennsylvania
- Resource Guide
- Criminal Justice Resources
- and much more...

All programs are free-of-charge.
Many of our events and support groups are held online and some in Main Line locations.

For information (including meeting dates and locations), Call: 267-251-6240, Email: info@NAMIMainLinePA.org or Visit our website at: www.NAMIMainLinePA.org

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