

Are you looking for Support or Education for Yourself or Someone who is Struggling with a Mental Health Condition?

You are NOT Alone! NAMI CSLINY is here for YOU!

Learn about our <u>FREE</u> Family & Peer Education Classes, Support Groups and more at <u>www.namicsliny.org</u>

NAMI offers a variety of <u>virtual</u> and <u>in person</u> specialized Support Groups that focus on:

Families • Partner/Spouse • Teens Haitian • Parents of Teens • Neurodiversity People struggling with a Mental Health Condition Families Surviving Suicide Loss



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About NAMI

NAMI Central Suffolk Long Island NY, a 501(c)3 organization, is a local affiliate of NAMI, the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.