

Update: 5/2024

Print and share with a friend or family member!

[NAMI-NYC Family Support Programs](#)

When someone you care about develops a mental health condition, it can be difficult to know how to support them while also taking care of yourself. Below is a list of NAMI-NYC support programs that can assist you. All programs are free.

[NAMI-NYC Helpline](#)

The NAMI-NYC Helpline is a telephonic support line. Helpline responders provide emotional support, information about mental health, and referrals to NAMI-NYC programs and mental health resources across New York City. All our Helpline Responders are peers – people who have experienced mental health challenges of their own and/or identify as a family members who love and care for someone with mental illness. Call us at **212-684-3264** or email helpline@naminyc.org. In addition, you can chat with a responder through our web-based chat tool. You can also text us using our phone number above. Helpline Responders are available to take your call Monday through Friday, from 10 AM-6 PM.

[NAMI-NYC Family Support Groups](#)

[NAMI-NYC](#) offers free, peer-led family support groups for any adult with a loved one who has experienced symptoms of a mental health condition. Participants find support, share coping strategies, and learn practical information. All groups are led by trained volunteers with lived experience and provide a safe and judgement-free environment of mutual respect and sharing. Support groups meet both online and in person.

About NAMI-NYC Family Support Groups

- Completely free
- Led by trained family members of people with mental health conditions
- 60-90 minutes long and meets weekly, every other week or monthly
- Online and in person, depending on the group

What You'll Gain

By sharing your experiences in a safe and confidential setting, you can gain hope and feel a sense of connection with others who may share your experience. Groups encourage empathy, productive discussion, information sharing and community. Participating in a family support group can help you discover your inner strength, reduce isolation, and empower you. Family support groups will help you:

- Aim for better coping skills
- Find strength in sharing
- Accept that we cannot solve every problem
- Embrace humor as healthy

- Understand that mental health conditions are no one's fault

View And Access Groups

Calendar View

The easiest way to view and access our groups is to go to our online [CALENDAR](#). Click on the “support groups” filter at the top of the calendar.

When you see a group that interests you, click on it. The group date, time and access information will appear. The post will also indicate if the group is virtual (on Zoom) or in person.

List View

To view our groups in a list, click on our [Support Groups](#) page. Scroll down to the middle of the page for the list of peer groups, family groups and social groups.

When you find a group you're interested in, click on it to learn more about it. Here, you'll see all the information you need to participate in the group.

While groups are rarely cancelled, be sure to [check our website calendar](#) **before attending** a group to make sure the group is running that day. Groups do not permit observers.

[NAMI-NYC Classes](#)

Classes help families impacted by mental illness build better lives. With the unique understanding of people with lived experience – *we've been there* – our trained volunteers teach classes that provide outstanding free education, skills training, and support. Classes offer certificates of completion to those that complete the course.

NAMI-NYC offers the following classes. Some are in person, while others are delivered virtually. Click on the class that interests you to learn more about it.

- [Family & Friends Seminar](#) (A 90-minute seminar for people who have a loved one with a mental health condition)
- [Family-to-Family](#) (An 8-session class for family members, significant others, and friends of people living with a mental health condition)
 - [De Familia a Familia](#) (Family-to-Family class in Spanish)
 - [Family-to-Family for the Black Community](#) (Family-to-Family class for those that identify as African American or Black)
 - [Family-to-Family in Chinese \(Mandarin\)](#)
- [Basics](#) (a six-session class for parents and caregivers of children and teens 17 and younger)
 - [Bases y Fundamentos](#) (Basics class in Spanish)

If you are interested in taking a class, **click on the title of the class above and fill out the class interest form on our website**. A list of classes available will appear on the form. You can select the class that suits you, or you can ask to be placed on a waiting list. If you have questions or need help filling out the form, call our Helpline at 212-684-3262.

NAMI-NYC Family Match Program

Supporting and caring for someone with a mental health issue can be isolating and overwhelming. We can connect you with free, one-on-one support from one family member to another. Our three-month program matches you with someone whose family member has a similar relationship and diagnosis. Our Family Match mentors have been there and are ready to provide information and emotional support.

To learn more and sign up for the program, click [here on our Family Match page](#). If you have questions or need assistance filling out the form, call our Helpline at 212-684-3264.

About NAMI-NYC

At the National Alliance on Mental Illness of New York City (NAMI-NYC), we assist thousands of families and individuals affected by mental illness annually through free education, support, and advocacy.

NAMI-NYC offers [mental health classes](#), [support and social groups](#), [family mentoring](#), and a [Helpline](#) with translation services in 180+ languages. Our support services are free regardless of income, insurance, or immigration status. Contact our Helpline M-F from 10am to 6pm and we'll connect you to NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

Phone: 212-684-3264

Text: 212-684-3264 (same as phone number)

Chat with us through our website: <https://naminycmetro.org/helpline/>