

Update: 5/2025

Print and share with a family member or friend!

Peer Support Programs at NAMI-NYC

NAMI-NYC has several programs that can support you in your mental health journey.

[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 member who love and care for someone with mental illness. Call us at **212-684-3264** or email helpline@naminyc.org. Helpline Responders are available to take your call Monday through Friday, from 10 AM-6 PM. You can also chat with us from our website, or text us using our phone number above.

[NAMI-NYC Peer Support Groups](#)

NAMI-NYC offers free, peer-led **support groups** for any adult who is experiencing a mental health challenge. Participants find support, share coping strategies, and learn practical information. All groups are led by trained volunteers with lived experience and provide a judgement-free environment of mutual respect and sharing. Support groups meet both online and in person. Support groups are:

- Completely free; no registration required
- Designed for adults aged 18+ with a mental health challenge
- 90 minutes long and meet weekly, every other week, or monthly
- Online and in person, depending on the group

[NAMI-NYC Social Groups](#)

NAMI-NYC's free, peer-led **social groups** are for any adult who has experienced a mental health challenge or supports a loved one with a mental health condition. Participants will find community, shared interests, and friendship. All social groups are led by volunteers with lived experience. Social groups meet both online and in person, depending on the group. You do not have to pre-register.

Find And Access a Group

Calendar View

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

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 to see our peer, family and social groups.

When you find a group that interests you, click on it. You'll see a description of the group, and the dates and times of the next few groups. You'll also see a few bullet points on the group page with information and instructions about how to attend that specific group. Please call our Helpline at 212-684-3264 if you have questions or need assistance.

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

[Peer-to-Peer](#) classes are free, 8-week classes for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by trained leaders with lived experience, our classes help participants:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Stay up to date on mental health research
- Understand the impact of symptoms on your life
- Access practical resources to maintain your journey toward recovery

We also offer

- [Peer-to-Peer LGBTQ+](#) *(Taught by and for people who identify as LGBTQ+)*
- [Peer-to-Peer Young Adult](#) *(Taught by and for people between 18-30)*

If you are interested in one of the classes, fill out the interest form on the classes page linked above. You will then be added to our interest list and will be contacted when that class is scheduled.

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/>