



~ YOU ARE NOT ALONE! ~

NAMI Sussex Help Line – 973-214-0632, 9AM – 9PM

Talk to an experienced NAMI member who can relate from personal experience and who knows the treatment and support resources available in the Sussex County area for individuals and families affected by mental illness. Confidentiality is always respected.

FREE SUPPORT GROUPS

ONLINE FAMILY SUPPORT GROUP

For adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes.

Monthly, 3rd Tuesday from 7:00-9:00 p.m. via Zoom.

For information or to pre-register, call **973-214-0632** or email nami.sussex@gmail.com.

NAMI CONNECTION RECOVERY SUPPORT GROUPS ONLINE

Three 60-minute weekly support group options for adults (18+) with a mental health condition available online via Zoom through NAMI New Jersey. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. Register [here](#) or visit www.naminj.org.

PTS CONNECTION - a Post-Traumatic Stress Recovery Support Group for veterans, police and first responders dealing with post-traumatic stress resulting from their service.

When: Monthly, 4th Tuesday from 7:00-8:30 p.m.

Where: Andover United Methodist Church, 207 Andover Sparta Rd., Andover, NJ (Use Newton, NJ for GPS).

Masks and social distancing required. Waiver also required. For information, call John at **973-865-0605** or Bob at **973-729-6534**.

FREE COURSES

NAMI BASICS - a 6-session course for parents/family caregivers of children and teens with emotional, behavioral, or mental health challenges. Learn about helping your child, coping with stress, working with schools and healthcare providers, and more. During the COVID-19 pandemic, this course is only available online through NAMI National at [NAMI Basics OnDemand](#).

NAMI FAMILY-TO-FAMILY – an evidence-based 8-week program that helps family members, caregivers and friends understand, support and become advocates for their loved one with serious mental health challenges, while maintaining their own wellbeing. Participants learn effective communication skills, problem-solving techniques, and how to manage their own stress in the caregiving role. Disorders covered include: depression, bipolar disorder, schizophrenia, schizoaffective disorder, borderline personality disorder, post-traumatic stress disorder, anxiety disorders (including panic disorder), obsessive compulsive disorder, and co-occurring substance abuse disorders. This course is not available online at this time. Call **973-214-0632** to be added to a wait list for the next time NAMI Sussex offers the course locally.

NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.

Website: www.namiusussex.org

Email: nami.sussex@gmail.com

Phone: 973-214-0632

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