

National Alliance on Mental Illness of New York City, Inc. (NAMI-NYC Metro)

Category: Mental Health and Wellness

Location

NAMI-NYC Metro
505 Eighth Avenue, Suite 1103
New York,
New York
10018

Website

<https://www.naminycmetro.org/find-support/>

Email

helpline@naminyc.org

Phone

(212) 684-3264

Description

The National Alliance on Mental Illness of New York City, Inc. (NAMI-NYC Metro) is a grassroots organization that provides support, education, and advocacy for families and individuals of all ethnic and socio-economic backgrounds who live with mental illness. As the largest affiliate of the National Alliance on Mental Illness, we work collaboratively with our state and national affiliates, and with other stakeholders in the community, to educate the public, advocate for legislation, reduce stigma, and improve the mental health system.

NAMI offers support groups for those who want to connect with other people who identify with the same issues:

• Bipolar Support Group

• Creative Writing

• Expressive Arts Workshop

• Find Your Funny (and You'll Find You're Funny!)

• Games People Play

• Hearing Voices

• Job Talk

• Movie Club

• Music Group

• NAMI Conexi³n

• NAMI Connection

• NAMI Connection 55+

• Pet Therapy

• Poetry Workshop

• Spirituality Speaks

• (TAG) The Advocacy Group

• Suicide Attempt Survivors

• Yoga for You

• Young Adult

NAMI also offers support groups for family members and friends of people with mental health issues:

• Criminal Justice

• Family & Friends

• Family & Friends of Individuals with Mood Disorders

• Hablando Español Grupo de Apoyo Familiar

• Knit 2 Unwind

• Parents of Children & Adolescents

• Suicide Bereavement

• Sibling & Adult Child

• (TAG) The Advocacy Group

HAS THIS PROGRAM BEEN SUSPENDED DUE TO COVID-19? All of NAMI's in-person programs have been suspended until further notice, due to coronavirus (COVID-19) in NYC. NAMI is still providing support through its Helpline, at 212-684-3264 or via email at helpline@naminy.org.

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