NAMI Ohio provides mutual support for individuals and families affected by serious brain disorders. Its main office phone number (614-224-2700) doubles as a helpline from 9 am to 5 pm Monday through Friday. Support programs also include:

- **NAMI Connection** is a support group for people with mental health conditions. Groups meet weekly, every other week, or monthly.

- **NAMI Family Support Group** helps family members, significant others, and friends of people with mental health conditions. Groups meet weekly, every other week, or monthly.

- **Parent Advocacy Connection (PAC) and Parent Peer Support** help parents navigate the complex education and social service system for school-age children.

### Education

NAMI Ohio assists affiliates in providing free support groups and education programs for families and people with mental illness. Not all NAMI affiliates offer NAMI Ohio support groups and education programs, but most offer:

- **NAMI Family-To-Family** is a class for families, significant others, and friends of people with mental health conditions. Participants gain a better understanding of mental health conditions, increase their coping skills, and are empowered to advocate on behalf of their family members. Designated as a Substance Abuse and Mental Health Services Administration (SAMHSA) evidence-based program. Available in English and Spanish.

- **NAMI Peer-To-Peer** is a class for adults with mental health conditions. Participants receive encouragement in three areas: growth, healing, and recovery. Available in English and Spanish.

### Need to Find a NAMI Chapter in Ohio?

Find a local NAMI at [www.namiohio.org](http://www.namiohio.org) or call 614-224-2700.

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