



Does someone you know suffer with bipolar, major depression, schizophrenia, obsessive compulsive disorder, anxiety disorder, Asperger Syndrome, or another serious brain disorder?

Do you feel ignorant or alone and isolated with this problem because of the stigma society has attached to neurobiological brain disorders called "mental illnesses"?

Would you like someone to talk with you who understands and can give information and emotional support?

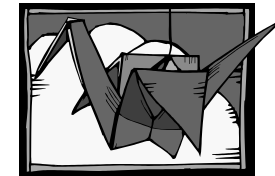


Phone: (360) 671-4950

Located at:
Health Support Center,
1212 Indian Street,
Bellingham
Mail: PO Box 4124,
Bellingham, WA 98227

E-mail:
nami@healthsupportcenter.org

www.namiwhatcom.org



Support Groups

Ongoing Mental Health Support Groups: Meet People Who Understand!

For More Information Call:
(360) 671-4950

Community

NAMI Family Support Group

Contact 671-4950

A support group for family members, parents, caregivers, and friends of adults and children with mental health disorders

Date: 2nd & 4th Wednesdays

Time: 6:30 p.m. to 8 p.m.

Location: Health Support Center,
1212 Indian Street, Bellingham

NAMI Suicide Survivors Support Group

Contact: Betty at 738-7675

For family members and friends who have lost a loved one due to suicide

**Date: 2nd and 4th Mondays of
each month**

Time: 6:30 p.m. to 8 p.m.

Location: 1212 Indian Street

Compassion

NAMI Connection: Weekly Support Group for Peers!

A weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

We hope that people living with these diagnoses join the support group and that local providers, case managers, families, peers etc. will refer people to Connection as part of an on-going wellness/recovery program.

For more information,
please contact the NAMI office at
671-4950

Recovery

Daytime Connection Group

Date: Thursdays

Time: 3:30 p.m. – 5:00 p.m.
1212 Indian St., Bellingham

Evening Connection Group

Date: Tuesdays

**(except 2nd Tuesday- to avoid
conflict with DBSA Meeting)**

Time: 6:30 pm – 8:00 p.m.
1212 Indian St., Bellingham

Depression & Bipolar Support Alliance (DBSA)

Contact: Larry Vanderpol at
354-5374

Meetings every 2nd Tuesday of
the month

Time: 7:00 p.m. to 9:00 pm
1212 Indian Street