

Support & Educational Meetings

NAMI Charleston Area offers monthly support groups for individuals recovering from a brain disorder/mental illness (“NAMI Connection”), their family members and friends.

Second Monday of the Month

First Christian Church,
1293 Orange Grove Rd
West Ashley, Charleston

Support: 6:00 PM - 7:15 PM
Consumer member support group meets in the education building room C-7. The family member support group meets in the education building room C-5. Enter through the church social hall.

Education: 7:30 to 8:30 PM
Education Meeting for consumers and family members. Held in the church social hall. The speakers discuss various issues related to mental health.

Fourth Monday of the Month

Seacoast Church
717 Long Point Road, Mt. Pleasant,
Nursery Room 7
Consumer and Family member
Support Groups meetings.
6:00 PM to 7:15 PM

Educational Programs

Family to Family

This is one of NAMI’s oldest and most helpful courses for caregivers, friends, and family members. This twelve-week, free course is available twice each year, usually beginning in February and September. Among the topics covered are: diagnoses, recovery, symptoms of mental illness, medications, communication with doctors and relatives, problem-solving, and advocacy. Those who have attended these classes have claimed the lessons to be life-changing, eye-opening, and extremely helpful. This course is taught by trained caregivers.

NAMI Basics

This course is designed for parents and other primary caregivers of children and adolescents who are living with mental illness. There are six different classes that include the trauma of mental illness on the family, getting the right diagnosis, latest research and advances in treatment, and the importance of record keeping.

Support

It is estimated that about one in 17 Americans suffers from a serious mental illness. It is also estimated that one in five families has a loved one who suffers from a serious mental illness such as schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), borderline personality disorder (BPD), or depression.

Joyce Burland, Ph.D writes - “as one of NAMI’s central missions, support groups and educational programs are the backbone of grassroots outreach to family member caregivers and consumers coping with the stresses of serious and persistent brain disorders.”

Our support group sessions and educational programs are designed to deliver constructive and compassionate assistance to the people in need.