



National Alliance on Mental Illness

NAMI | Mid-Hudson

Find Help. Find Hope.

**The National Alliance on Mental Illness
Mid-Hudson Chapter offers
FREE Educational Programs
and**

Support Groups including Spanish

**For parents, caregivers and families of children,
adolescents and individuals that are affected by
behavioral/emotional issues and/or
mental illness (brain disorder)
in Dutchess and Ulster counties.**

**We also offer a Peer-to-Peer class
for Adults living in Recovery and a
Adult Recovery Support Group called
Connections**

FOR MORE INFORMATION

Please visit: www.namimidhudson.org

contact@namimidhudson.org OR (845) 206-9892 (Leave message)