

**Other Support Groups**  
**Not facilitated by NAMI**

**Depression and Bipolar  
Support Alliance (DBSA)**

*family & friends are welcome to attend*

**Every Sunday**  
**6:00 p.m. - 7:30 p.m.**

University Medical Center  
1501 N. Campbell  
SW corner meeting room

**Every Thursday**  
**6:00 p.m. - 7:30 p.m.**

St. Philip's In The Hills Episcopal Church  
4440 N. Campbell Avenue  
La Parroquia Building (SE Building),  
Mesquite Room

For more DBSA meeting info &  
directions, please call (520) 477-9179 or  
visit: [dbsatucson.org](http://dbsatucson.org)

**Survivors of Suicide**

(520) 861-6632

**Mentally Ill Kids in Distress**

**(MIKID)** *Groups for children, parents,  
and grandparents*

(520) 882-0142

**What are NAMI Support Groups?**

The NAMI support group model operates differently than other, more traditional "share-and-care" groups. The NAMI support group model offers a set of key structures and group processes for facilitators to use in common support group scenarios. Our support groups ensure attendees get a chance to share and participate.

**Are Support Groups for me?**

A support group can provide

- relevant information;
- a connection to personal experiences;
- opportunities to listen to others' experiences;
- sympathetic understanding, and establish social networks

Knowing that there are others who have shared your same experiences may create a sense of relief because **you are not alone.**

**Mental Health Crisis?**

**Call the Community-Wide Crisis Line**

**(520) 622-6000; 1-866-495-6735**

**(Available 24/7)**

**or \*call 911**

\*When calling 911– indicate that it is a mental health crisis for either yourself or family/friend and ask that a CIT (Crisis Intervention Trained) officer be provided.



***Improves the quality of life  
for all those affected  
by mental illness.***

6122 E. 22nd St.  
Tucson, AZ 85711  
(520) 622-5582 *office*  
(520) 623-2908 *fax*

[namisa@namisa.org](mailto:namisa@namisa.org)  
[namisa.org](http://namisa.org)



NAMI Southern Arizona is a nonprofit 501(c)(3) corporation representing those affected by serious mental illnesses. Contributions to NAMI are tax deductible. NAMI Southern Arizona is affiliated with The National Alliance on Mental Illness (NAMI), our programs are offered in thousands of communities nationwide.

**Support Groups  
for people with Mental Illness  
&  
their Family and Friends**



***Join NAMI groups that offer  
respect, understanding,  
encouragement and hope.***

***Where everyone is a  
valued participant...***



**Visit us online at [namisa.org](http://namisa.org)**

## NAMI Support Groups For Families & Friends Who Have a Loved One with Mental Illness

### East Side Family & Friends

2nd Wednesday of every month  
7:00 p.m. - 8:30 p.m.

NAMI Southern Arizona  
6122 E 22nd Street  
*Between Craycroft & Wilmot*

### Familias y Amigos (en español)

*Grupo para los que tienen un familiar o amigo con una enfermedad mental*

3er jueves de cada mes  
6:00 p.m. - 7:30 p.m.

Iglesia San Juan, Salon #2  
602 W.Ajo Way  
*Corner of Ajo and 12th Avenue*

### East Side Family & Friends

4th Tuesday of every month  
7:00 p.m. - 8:30 p.m.

NAMI Southern Arizona  
6122 E 22nd Street  
*Between Craycroft and Wilmot*

### North Central Family & Friends

1st Wednesday of every month  
2:00 p.m. - 3:30 p.m.

St. Alban's Episcopal Church  
Library off of inner courtyard  
3738 Old Sabino Canyon Road  
*SW corner of Old Sabino Canyon Road and Sabino Canyon Road*

### Green Valley Family & Friends

Last Wednesday of every month  
10:30 a.m. - 12:00 p.m.

Friends in Deed Building  
301 W Camino Casa Verde, Room C  
*Valley West of La Cañada Drive*

### Northwest Side Family & Friends

1st Thursday of every month  
6:00 p.m. - 7:30 p.m.

Ascension Lutheran Church  
1220 W Magee Road  
*Between Oracle & La Cañada*

### Green Valley Family & Friends

2nd Wednesday of every month  
10:30 a.m. - 12:00 p.m.

Friends in Deed Building  
301 W Camino Casa Verde, Room C  
*Valley West of La Cañada Drive*

## NAMI Support Groups For Persons with Mental Illness

### NAMI Connection

Every Tuesday  
6:00 p.m. - 7:30 p.m.

HOPE, Inc.  
1200 N. Country Club  
*Between Speedway and Grant*

### Creative Expressions Group

*A variety of art activities used to create opportunities for transformative experiences and a positive outlet for emotions to better deal with the struggles of mental illness*

Last Sunday of every month  
12:00 p.m. - 2:00 p.m.

Joel D. Valdez Main Library  
101 N. Stone Avenue  
*Parking available in library garage*

## Other Support Groups (Not facilitated by NAMI)

### Hearing Voices Group

*Although 1 in 10 people hear voices, many chose not to talk about them. People can meet to talk about their experiences without fear of judgement.*

Every Monday  
11:00 a.m. - 12:30 p.m.

Tucson Urban League  
2305 S Park Avenue

### Northminster Presbyterian Church Family & Friends Support Group

2nd Tuesday of every month  
6:00 p.m. - 7:30 p.m.

Education Building  
2450 E. Fort Lowell Road  
South side of the church campus

Feel free to call (520)622-5582  
to confirm locations/times  
of NAMI support groups.

Groups falling on holidays  
will be cancelled.

All NAMI groups are  
facilitated by individuals  
trained by NAMI.