

# Family-to-Family, Caregivers of Individuals with Mental Illness

Age Requirements

18 and over

Available 24/7

No

Family

Yes

Intake Contact Email

info@namiwilliamsburg.org

Intake Process

Call for more information. Visit the website. Register

Intake Contact Telephone

(757) 220-8535

Provider Refer

Yes

Self Refer

Yes

National Alliance on Mental Illness (NAMI), Williamsburg Area

<https://namiwilliamsburg.org/>

<https://namiwilliamsburg.org/programs/family/>

<https://www.facebook.com/NAMIWilliamsburg>

[https://twitter.com/NAMI\\_WmbgArea](https://twitter.com/NAMI_WmbgArea)

Main

(757) 220-8535

Toll-Free

(800) 950-6264

PO Box 89

23187 VA

United States

Fee Structure

No Fee

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Suggested Donation

Languages Spoken

English

NAMI-Williamsburg Area is a support, education and advocacy organization for and by individuals with serious mental illness, their families, and friends. The NAMI Family-to-Family Education Program, also called NAMI Support Group, is a free, 12 week course for family caregivers of individuals with severe mental illness. This group may use Zoom Video Conferencing.

The course is taught by trained family members. All instruction and course materials are free to class participants. The course includes current information about medications, side effects, mental illness disorders, strategies for handling crises and relapse, guidance on location appropriate supports and services within the community and more.

You can call the office or email [namieducation@nami.org](mailto:namieducation@nami.org) for information about Family-to-Family course schedule offered throughout the state.

Service Area(s)

Williamsburg City

Email

[info@namiwilliamsburg.org](mailto:info@namiwilliamsburg.org)