

## Here for you. No matter what.

Our commitment to providing you with the mental health support, education, and resources you need to build better lives will not be interrupted. NAMI Bucks County PA has made a decision to move all support groups to a virtual model to reduce the risk of illness effective immediately.

## Online Support Schedule

- Monday, March 16th at 6:00 PM (90-minutes, LGBTQ+)
- Monday, March 16th at 7:30 PM (90-minutes, Family)
- Tuesday, March 17th at 6:30 PM (90-minutes, Everyone)
- Wednesday, March 18th at 6:30 PM (90-minutes, Alt. to Suicide)
- Thursday, March 19th at 3:00 PM (90-minutes, Youth)
- Thursday, March 19th at 7:00 PM (90-minutes, Parents)
- Friday, March 20th at 2:00 PM (90-minutes, Everyone)
- Sunday, March 22nd at 6:30 PM (90-minutes, Everyone)
- Monday, March 23rd at 11:00 AM (90-minutes, Alt. to Suicide)
- Monday, March 23rd at 2:00 PM (90-minutes, Youth)
- Tuesday, March 24th at 7:00 PM (90-minutes, LGBTQ+)
- Thursday, March 26th at 3:00 PM (90-minutes, Everyone)
- Thursday, March 26th at 7:30 PM (90-minutes, Family)

Follow the instructions to the right > to join any Online Meeting.



Meeting ID: 912 202 4943

Link: https://zoom.us/j/9122024943

Dial-in: 1-646-558-8656

NAMI Bucks County PA will use **Zoom** to host Online Support Groups. Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video.

Click the meeting link above to automatically download and connect.
All of our meetings will use the same Meeting ID, Link, and Dial-in number for ease of use.

E-mail nemeigh@namibuckspa.org
with any questions or visit us at
namibuckspa.org/onlinesupport/
for complete instructions.

## National Alliance on Mental Illness

1-866-399-NAMI (6264)
Information and Resources
9:00 AM—9:00 PM Daily



## **Phone Support Groups**

Dial-in Number: 1-888-858-6021 Conference Code: 8057964030#

- Tuesday, March 17th at 2:30 PM (90-min, Everyone)
- Saturday, March 21st at 4:00 PM (90-min, Everyone)
- Wednesday, March 25th at 6:30 PM (90-min, Everyone)