National Alliance on Mental Illness

RECOMMENDED VIRTUAL SUPPORT GROUPS IN ALAMEDA COUNTY DURING COVID-19 OUTBREAK

Using *ZOOM* – Free to Participants – No Formal Diagnosis Required

To participate in a virtual support group, you will need to access *ZOOM*:

- From smartphones or tablets: go to the App Store and download the *Zoom Cloud Meetings* app
- From your laptop or computer: go to the website www.zoom.us

To join a meeting (10 minutes before the meeting starts):

- Open *ZOOM* and type in the ID number and password the group leader will give you
- Upon joining the meeting, you will be put into a waiting room from which you will be admitted to the main meeting.

Important: These support group meetings are to be kept completely confidential. Please do not share meeting passwords with anyone else. If you know of someone you think would like to participate, please forward this information to them.

Family/Caregiver Virtual Support Groups in Alameda County *(Open to adults with loved ones suffering from serious mental illness)*

NAMI Alameda County's Family/Caregiver Support Group is temporarily on hold due to a death.

NAMI Chinese: Family/Caregiver Support Groups *(in Chinese)*
Go to **https://zoom.us/j/7413232578** Meeting ID: 741 323 2578

- 廣東話照顧者互助組 **2nd Tuesday** from 7 to 8:30 PM (每月第二個週二晚)
- 廣東話照顧者互助組 **2nd Saturday** from 3:30 to 5 PM (每月第二個週六)
- 普通話照顧者互助組 **3rd Saturday** from 3:30 to 5 PM (每月第三個週六)

For information, email info@namichinese.org

NAMI East Bay: Family/Caregiver Support Group: every Tuesday from 6 to 8 PM (For information and to receive link, go to **www.namieastbay.org**)

NAMI Tri-Valley: For information, go to **www.nami-trivalley.org**

Family Education and Resource Center *(FERC)** **Family/Caregiver Support Groups**

- **1st Wednesday** from 4 to 5:30 PM. Call 510-746-1700 to be included.
- **2nd Tuesday** from 4 to 5:30 PM. Email michele@mhaac.org for link to meeting.

Peer Virtual Support Groups in Alameda County (Open to any adult (18+) with a mental health condition No formal diagnosis is required.)

NAMI Alameda County:

- **Connection Peer Support Group: 1st and 3rd Tuesdays** from 7 to 8:30 PM
  Call 510-560-6498 (select the Peer Specialist option) or email kathrynlum@comcast.net

NAMI Chinese:

- **Asian and Pacific Islander Support Group**: **2nd Saturday** from 11 AM to 12:30 PM
  Given in English – email api@namichinese.org
  Go to https://zoom.us/j/7413232578 Meeting ID: 741 323 2578
- **Mandarin Peer Support Group**: **2nd Saturday** from 2 to 3:30 PM
  普通話患者互助組 (每月第二個週六) Given in Mandarin – email info@namichinese.org
  Go to https://zoom.us/j/7413232578 Meeting ID: 741 323 2578

NAMI Tri-Valley: For information, go to **www.nami-trivalley.org**

Depression and Bipolar Support Alliance (DBSA)

Depression & Bipolar Support Groups

- **Every Thursday** from 7 to 9 PM (log in as early as 6:30 PM to get situated)
- **Every Saturday** from 11 AM to 1 PM (log in as early as 10:30 AM)
  For information and to receive links, email Jeff Caiola at berkbipolar@yahoo.com

NAMI Virtual Game Nights *(Anyone affected by mental illness is welcome Loved Ones AND Individuals)*

NAMI Alameda County: 2nd and 4th Tuesdays from 7 to 8:30 PM - Call 510-560-6498 (select the Peer Specialist option) or email kathrynlum@comcast.net Please email Kathryn if you have any suggestions of your favorite *ZOOM* games!

** Member Program of the Mental Health Association of Alameda County*



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