



## **Important Notice on the Limitations of NAMI Support Groups**

NAMI's programs are designed to provide people who are affected by mental illness and their families with a deeper understanding of these conditions and with strategies for living well. Program participants will recognize that they are not alone, and feel empowered to advocate for better treatment and services for themselves and for family members.

NAMI programs are not intended to, and should not be used to, replace the specialized training and professional judgment of mental health professionals. We cannot, and do not, assume the roles of physician or therapist.

Self-care information and family and peer support are valuable assets in working through the many challenges faced by individuals and families who have been touched by mental illness. They are complimentary to, but not substitutes for, professional assistance.

Please seek immediate professional help if you or someone else is:

- Having thoughts of suicide or of harming others
- Unable to provide self-care for the essentials of daily living
- Abusing substances, and/or
- In danger of being harmed

NAMI cannot be held responsible for the personal use of the information the organization provides. Please always consult a trained mental health professional before making any decision regarding treatment of yourself or others.