

Mental health help is in demand amid coronavirus and isolation. No matter how isolated we may feel, if depression, anxiety or overusing drugs or alcohol are becoming a problem, there is support available.

The support may be by phone, Zoom video or other online forums, but it's available to anyone.

As people are feeling stressed, anxious and isolated, NAMI is here for you, even if you've never heard of us before today And even if you've never attended one of our live support groups, we have an online support group that can meet your needs.

The first and most important is ask for help. You aren't alone. There is help and support out there.

Warm lines are available for those who are not in crisis but who need to talk to a peer or family member "who gets it," who's "been there, done that."

To get more information about NAMI'S online support group and to register please call Alison, (865) 214-7813 or Judi (800) 771-5491.

NAMI classes and support groups are all free but registration is required. Participation is limited.

