

## Mental Health Support Group

### Age Requirements

18 and over

### Intake Process

Call the office

Provider Refer

Yes

### Report Problems

Call the Agency

Self Refer

Yes

National Alliance on Mental Illness (NAMI), Rappahannock

<https://www.namirapp.org/online-support-groups>

Main

(540) 724-6393

PO Box 7511

22404 VA

United States

### Fee Structure

No Fee

### Languages Spoken

English

Currently, NAMI, Rappahannock is offering a NAMI Rappahannock Online Support Group for Individuals in Recovery. This is a peer-led support group for any adult who has experienced symptoms of a mental health condition and want to gain insights from the challenges and successes of others facing similar circumstances. The group is led by two trained leaders who have been there, plus a technical facilitator.

NAMI Rappahannock provides support, education and resources to build better lives.

### Service Area(s)

Caroline County

,

Fredericksburg City

,

King George County

,

Lancaster County

,

Spotsylvania County

,

Stafford County

Email

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