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FOR IMMEDIATE RELEASE:

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Sign up today for new topic-based support groups through NAMI San Diego

SAN DIEGO—The National Alliance on Mental Illness (NAMI San Diego) is starting two new topic-based support groups starting this fall—one for other families and consumers who have had or may be beginning Electroconvulsive Therapy (ECT); the other is for families who have or have had a family member with a MI diagnosis in jail and/or prison.

The ECT Family Support Group is a support group open to people who have had ECT and family members who want to share experiences from their perspective. Come to a place where you can talk openly about what it's like and what issues you've had to face including side effects and stigma.

The Criminal Justice Family Support Group (CJFSG) is for people whose family member has mental illness and is incarcerated now or has been in the past. The CJFSG mission is two-fold:

- To assist each other when having to deal with the systems involved when a loved one with a mental illness is arrested and jailed.
- To combine our collective experiences and voices to help promote needed changes to those systems in San Diego County and California.

Both will meet once a month to begin with. Location and dates are pending. For more information and to sign-up for these groups, call NAMI Education Director, Anita Fisher, at (619) 398-9851 or contact the NAMI helpline at (619) 534-1434.

NAMI (National Alliance on Mental Illness) is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. For more information, visit www.namisanidiego.org or call 619-543-1434 or 1-800-523-5933.

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