

¿What if it isn't "just a phase"?

About 20% of adolescents have a diagnosable mental health disorder.



Join NAMI Urban LA for our bi-monthly Virtual NAMI Family Support Group for Families of Teens and Young Adults. This safe, confidential group offers free support for family members and loved ones of young people experiencing mental health challenges.

Together we will learn more about early psychosis, and the treatment and resources offered by the Department of Mental Health's PIER Program, available to youth aged 12-25.

Early signs include:

Trouble thinking clearly or concentrating, withdrawing from family or friends, suspiciousness or extreme uneasiness with others, decline in self care, and/or hearing, seeing, tasting or believing things that others don't.



Support group meeting times:
First and third Mondays of each month
6:30pm-8pm on Zoom

Scan the
QR Code
to register
today!



For more information, contact:

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