Local Resources:

Humboldt County Mental Health Crisis Line: 707-445-7715
Semper Virens Patients: 707-445-7290

HOPE Center 2933 H St., Eureka
Open Monday through Friday 8 a.m.-4 p.m. Drop-in (check for current status) 441-3783

Veteran’s Center Counseling Services:
Eureka Individual, group and family counseling for combat veterans and sexual trauma survivors

Cal Poly Humboldt has counseling for students

Kunle Center: Volunteer staffed peer support warmline 707-599-2381
For callers Friday, Saturday and Sunday from 6 p.m. to midnight

North Coast Association of Mental Health Professionals: ncamhp.org
Webpage shows listings for therapists

Become a member of NAMI-Humboldt to support the education, support, and advocacy activities we offer.
See our website nami-humboldt.org.

Family, friends and caregivers are invited to attend

Support Group Meetings

The groups are led by NAMI-trained facilitators who themselves have family members with mental health conditions. They offer support, education, resources and hope to those supporting persons with mental health challenges.
**Support group locations in Humboldt:**

**Eureka Monday Location:** Humboldt Plaza  
**Time:** 4:30-6:00 p.m.  
**Contact Lea 707-845-3233**

**Eureka Thursday Location:**  
**Time:** 12:00-1:00 p.m.  
**Contact Lea for more information: 707-845-3233**

**Fortuna Location:**  
**Contact Sharon for more information:** 707-223-0619

**Redway Location:** Redwood  
Family Resource Center, 344 Humboldt Ave.  
**Time:** Every Thursday from 3:00-4:30  
**Contact Lea for more information: 707-845-3233**

**During Covid subject to change**  
**Some Zoom meetings**  
**Contact Lea for info see above**

(edited 2/6/23)

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

NAMI's Support Groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones (18+) of individuals living with mental illness
- Led by family members of individuals living with mental illness
- Meets weekly or monthly
- No specific medical therapy or medication is endorsed or recommended
- Confidential

By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships. This group allows your voice to be heard, and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion and a sense of community. You'll benefit through other's experiences, discover your inner strength and learn now to identify local resources and how to use them.

NAMI Family Support Groups will help you:

- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Aim for better coping skills
- Find strength in sharing experiences
- Reject stigma and not tolerate discrimination
- Not judge anyone’s pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Work for a better future in a realistic way

(Excerpt from NAMI.ORG)