WEEKLY PEER-LED SUPPORT GROUPS

Every Wednesday

12pm-1pm

6pm-7:00pm

NAMI & RPI Counseling Center is offering a Peer Support Group that is student-led for students who have experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained student leaders who've been there. RPI Counselors will not be present during these meetings as this is a student run group.

NAMI’s support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

- Designed for students with mental health conditions
- Led by RPI students with mental health conditions
- 60 minutes long and meets weekly
- Confidential

What You’ll Gain

By sharing your experiences in a safe and confidential setting, you can gain hope and feel a sense of connection. The group encourages empathy, productive discussion and a sense of community. You'll benefit from other’s experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space.

To Register: THIS IS A ONE-TIME REGISTRATION. ONCE YOU ARE REGISTERED, YOU WILL RECEIVE A SEPARATE WEBEX INVITATION AND ARE OPEN TO ATTEND THE GROUP EVERY WEEK.

https://rensselaer.webex.com/rensselaer/onstage/g.php?MTID=e451e15845070ecb8540df4d4210564b3
1 in 5 young adults experiences a mental health condition.

You are not alone.

NAMI
National Alliance on Mental Illness