



National Alliance on Mental Illness

Southwest Ohio

ZOOM SUPPORT GROUPS

Due to the COVID-19 outbreak, in-person group meetings have been cancelled temporarily.

In this guide, you will find a schedule indicating a zoom option to temporarily replace each physical group, to allow for sharing with group members during this time. Also included is a guide on “how to zoom” for those who are new to this technology! It’s very easy to use. We are here to support you!

Group Descriptions:

NAMI Family Support Groups: Confidential support group *for loved ones of individuals living with a mental illness.*

NAMI Connection Support Groups: Confidential support group *for individuals living with a mental illness.*

All support groups are offered at no cost. All groups are offered to those 18 and older. Please note- observers may not sit in on any support group. There are waiting rooms enabled, and the host will moderate activity.

Call our office at (513) 351-3500 with questions or for more information.



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Click the Meeting ID link to connect, or enter the ID in your app.

Southwest Ohio

Mondays

NAMI Connection Support Group

1st and 3rd Mondays, 7:00 pm to 8:30 pm

Meeting ID: [960-5777-3931](#)

Lindner Center of HOPE, 4075 Old Western Row Road, Mason, OH 45040

NAMI Family Support Group

2nd Mondays, 7:00 pm to 8:30 pm

Meeting ID: [939-2298-9617](#)

Lindner Center of HOPE | 4075 Old Western Row Road, Mason, OH 45040

Wednesdays

NAMI Family Support Group

3rd Wednesdays, 6:30 pm to 8:00 pm

Meeting ID: [984-4376-8792](#)

Mt. Carmel Christian Church | 4110 Bach Buxton Rd., Batavia, OH 45103

Thursdays

NAMI Family Support Group

2nd Thursdays, 6:00 pm to 7:30 pm

Meeting ID: [996-5261-2738](#)

Knox Presbyterian Church | 3400 Michigan Avenue, Cincinnati, OH 45208

NAMI Connection Support Group

Every Thursday, 6:00 pm to 7:30 pm

Meeting ID: [977-690-138](#)

Knox Presbyterian Church | 3400 Michigan Avenue, Cincinnati, OH 45208

Saturdays

NAMI Family Support Group

2nd Saturdays, 10:00 am to 11:00 am

Meeting ID: [914-2569-1971](#)

Cincinnati Children's Hospital College Hill | 5642 Hamilton Ave, Cincinnati, OH 45224

Sundays

NAMI Connection Support Group

Every Sunday, 6:30 pm – 8:00 pm

Meeting ID: [396-651-516](#)

Child Focus Meeting Room | 4629 Aicholtz Road, Cincinnati, OH



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PARTICIPANT GUIDE TO ZOOM

What is Zoom?

Originally intended as a video conferencing platform for the workplace, during this time of social distancing Zoom has adapted and is in use by families and friends all over the world. This tool allows for video and audio conferencing, collaboration, and chat, across both desktops and mobile devices.

How to Use Zoom

Zoom is a very user-friendly platform. They have made easy to understand “how-to” videos on their [YouTube channel](#), and you can [watch pre-recorded or attend live trainings on their website](#) for more advanced “zooming.”

A few things to note:

- *A Zoom account is not required to join Zoom Meetings as a participant.* To join one of our meetings, you can join as a participant without creating an account.
- *A Zoom account is required only to create your own meetings and send invitations to participants.* An account also allows you to access your personal settings, where you can update your profile or upgrade your plan at any time.

Why “Zoom” for NAMI Southwest Ohio?

During this unprecedented time, it’s more important than ever that we be able to connect. Zoom allows us to continue our support groups and classes virtually!

Privacy Settings

We know your privacy is important to you, and Zoom has been in the news recently over security and privacy concerns. They have publicly addressed these concerns and have taken the precautions necessary to keep your meetings private. Please rest assured that NAMI Southwest Ohio has put all the necessary precautions in place, and our facilitators will be carefully monitoring our “zoom rooms” while meetings are in session. More information on this matter can be [found here](#).