YOU ARE NOT

ALONE



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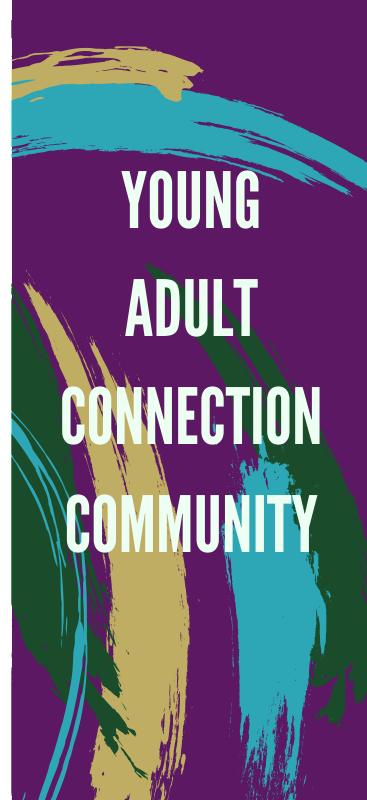
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Find us on Meetup! https://www.meetup.com/NAMIYACC



ABOUT US

To all young adults who are struggling:
YOU ARE NOT ALONE!

We are here to support you, guide you, and share our experiences. We are led by other young adults who are in recovery from mental health and substance use conditions who have experiences like yours. In our selection of groups state-wide, you will meet other young people who are also learning how to manage their mental health and well-being with the stress of today's world. We promote all paths to recovery and healthy living, and we know you can achieve your goals however small or big they may be. Ultimately, we are a network of young people striving for success in some of our toughest times.

Welcome to the Young Adult Connection Community!

OUR GROUPS

All of our groups focus on managing mental wellness through thought-provoking activities, recovery skill building, socialization, and supportive discussion.

COMMUNITY CONNECTIONS:

Looking to further discover and improve yourself overall?

*This group is facilitated in a community-based setting (health center, library, church, etc.)

CAMPUS CONNECTIONS:

Looking for a break from class to de-stress and talk about whatever is on your mind?

* This group is facilitated in a school setting (university, community college, etc.)

RAINBOW CONNECTIONS:

Looking for an LGBTQ+ specific space to share your experiences? *This group is facilitated in a community-based setting (health center, library, church, etc.)

EMERGING CONNECTIONS:

Looking for an hour to relax?

*This group is facilitated in a hospital setting (young adult inpatient unit, residential center, group home, etc.)

We choose group locations based on:
Safety, Young Adult-Friendliness, and Convenience.

WHAT'S NEW



Garrett Lee Smith Grant:

In Collaboration with the Connecticut
Department of Mental Health and Addiction
Services and United Way of Connecticut,
NAMI Connecticut has strengthened their
Young Adult Connection Group Facilitator
training by incorporating QPR (Question
Persuade Refer) Gatekeeper training in
suicide prevention. NAMI Connecticut has
also partnered with the Connecticut Chapter
of the American Foundation for Suicide
Prevention (AFSP) to train young adults in
leading special support groups for young
adults who have lost someone to suicide.

#HOPE:

Grieving after a suicide can be distinctly different from other grieving experiences.

*This is a peer-run support group that focuses specifically on promoting hope and effectively supporting suicide loss survivors as they progress on their journeys of grieving and healing.