

# Are you or a loved one affected by mental illness?

## You are not alone.

SAMHAJ offers hope, support, education and a community of friends who understand. Our support group for those of South Asian origin offers mutual support to cope with the impact of mental illness.

To learn more call SAMHAJ at (732) 940-0991 or e-mail [samhaj@naminj.org](mailto:samhaj@naminj.org) or visit [www.naminj.org/programs/multicultural/samhaj/](http://www.naminj.org/programs/multicultural/samhaj/).

### **SAMHAJ Central Jersey Support Group**

1st Thursday of the month

7:00 pm

NAMI NJ office, 1562 Route 130

North Brunswick, NJ 08902

### **For peers with lived experience of mental illness:**

3rd Wednesday of the month

7:30 pm

NAMI NJ office, 1562 Route 130

North Brunswick, NJ 08902



### **SAMHAJ North Jersey Support Group**

First Sunday of the month

2:00 pm

Parsippany - Troy Hills Public Library Systems

449 Helsey Rd, Parsippany, NJ 07054



*SAMHAJ is a South Asian support, education & outreach program from NAMI New Jersey, a statewide non profit organization dedicated to improving the lives of those affected by mental illness.*