

## NAMI Connections Veteran Support Group - NEW

*A FREE online, peer-led support group for Veterans living with mental illness*

**First Monday of  
each month via ZOOM  
from 6 - 7:30pm**

Click [HERE](#) to register  
and receive a link to the meeting.

Joining a [Veteran Peer Support Group](#) can help you to feel better in any number of ways, such as:

- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help

### Personal Perspectives

"I've been missing the feeling of community ever since I retired, here I feel accepted as a member of a tight knit group with shared lived experiences."

"I have lost some of my friends in combat, and I have the opportunity to express my feelings without being judged."

Questions/more information about our NAMI Howard County support group,  
Please call 410-772-9300, or email Shambry Ratliff at: [sratliff.namihc@gmail.com](mailto:sratliff.namihc@gmail.com)