



FAMILY SUPPORT GROUP



Bermuda Hospitals Board

Community Mental Health Services

**Family Support Group
meetings are free and
confidential.**

If you have a family member or friend who has emotional problems or has experienced trauma, you are not alone.

Caring for someone experiencing emotional or psychological difficulties can be demanding. The aim of the Family Support Group is to nurture you as a caregiver by bringing families together to provide free, completely confidential support and understanding for one another.

By joining the group, you can gain: comfort and encouragement in coping with a loved one with mental illness, insight into the types of treatments and resources available, and access to clinical professionals.

Family Support Group Drop-in Meetings

KEMH 1st Floor Conference Room, General Wing
Second Wednesday of each month from 6pm-7:30pm

Mid-Atlantic Wellness Institute 1st Floor Conference Room
Fourth Wednesday of each month from 6pm-7:30pm

For more information or to join the group, call us at 236-3770 or email family.support@bhb.bm.