

## Mental Health, Peer to Peer

Age Requirements

18 and over

Intake Process

Call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

National Alliance on Mental Illness (NAMI), Rappahannock

<https://www.namirapp.org/>

<https://www.namirapp.org/nami-peer-program>

Main

(540) 724-6393

PO Box 7511

22404 VA

United States

Fee Structure

No Fee

Languages Spoken

English

NAMI Rappahannock offers a Peer Support program. This program is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. The program is taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

NAMI Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth.

If you are in a crisis situation, please call 911 or the National Suicide Lifeline at 800-273-TALK (8255).

Service Area(s)

Charlotte County

,

Fredericksburg City

,

King George County

,

Spotsylvania County

,

Stafford County

Email

[info@namirapp.org](mailto:info@namirapp.org)