



National Alliance on Mental Illness

NAMI Lowcountry (SC)
formerly NAMI Beaufort County
ESTABLISHED 1991

EFFECTIVE OCTOBER 1, 2018

NAMI Connection Recovery Support Groups: free confidential support for adults living with a mental illness.

- Hilton Head: Every Monday, 5:30 – 7:00 pm at the NAMI office, 117 William Hilton Pkwy, Suite K (entrance to parking lot on Squire Pope Road).
- **Greater Bluffton: Every Thursday, 6:30 – 8:00 pm at Grace Coastal Church, 15 Williams Drive, Okatie (Hwy 170, 1.7 miles from Hwy 278 heading towards Beaufort).**
- Beaufort: First and third Wednesday of each month, 6:00 – 7:30 pm at Coastal Empire Community Mental Health Center, 1050 Ribaut Road.

NAMI Family Support Groups: free confidential support for families and caregivers of adults living with a mental illness.

- **Greater Bluffton: Second Thursday of each month, 6:30 – 7:30 pm at Grace Coastal Church, Hwy 170, Okatie (see directions above).**
- Beaufort: Third Wednesday of each month, 6:00 – 7:00 pm at Coastal Empire Community Mental Health Center, 1050 Ribaut Road.
- Hilton Head/Bluffton: Fourth Tuesday of each month, 10:00 – 11:00 am at Lowcountry Presbyterian Church, Simmonsville Road at Hwy 278.

Amended 091818