What you need to know in order to maintain your mental wellness during COVID-19

The following link will provide you and your family the coping strategies and resources necessary during this pandemic. It is vital we stay connected to the local resources and take charge to maintain our overall mental wellness.


For extra support NAMI Hernando is here! Please see below for our virtual support groups that are now available! NAMI Hernando also has our Care Line! To reach the Care Line Mon-Fri 9am-5pm dial 352-684-0004. After hours until 10pm and on weekends dial 352-316-7783. Our trained support specialist are available to help you overcome the COVID-19 pandemic.