

Local Mental Health Calendar | May 2026

Calendar by NAMI Tallahassee

Happy Mental Health Awareness Month! 🎉 What are you doing this month to be kind to your mental health?

Check out support groups & events happening in the community! People who have lived experience are ready to help.

For more information on calendar events, email admin@nami-tallahassee.org.

May 4 – NAMI Tallahassee in Madison Family Support Group (In Person)

1st Mondays of the month | 6:30 - 8 p.m. ET

CrossPointe Church | 688 North Washington Street, Madison, FL

Open to adults 18+ who have family or friends living with symptoms of mental health conditions. No registration required.



May 4 and 18 – DBSA Support Group (In Person)

Most Mondays | 7 - 8:30 p.m. ET

ROC House | 2200 Old St. Augustine Road, Tallahassee, FL

DBSA (Depression and Bipolar Support Alliance) meets most Mondays. No registration required.

For the official calendar, visit www.recoveryopportunitycollective.org/



Dual Diagnosis Anonymous (In Person)

Tuesdays: May 5, 12, 19, and 26 | 12 - 1 p.m.
Wednesdays: May 6, 13, 20, and 27 | 6:30 - 7:30 p.m.

Every Tuesday and Wednesday

ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) meeting. This group offers a space for people navigating both mental health challenges and substance use. No registration required.



May 5, 12, 19, and 26 - NAMI Connection Peer Support Group (Virtual)

Every Tuesday | 6 - 7:30 p.m. ET

Presented by NAMI Emerald Coast. Open to all adults 18+ who live with mental health conditions. Diagnosis not required.

One-time registration at www.NAMIsupportgroups.org



May 6, 13, 20, and 27 - NAMI Connection Peer Support Group (Virtual)

2 Meetings Each Wednesday
4 - 5:30 p.m. ET **AND** 6 - 7:30 p.m. ET

Open to all adults 18+ who live with mental health conditions. Diagnosis not required.

One-time registration at www.NAMIsupportgroups.org



May 5 - Multiple Pathways to Recovery: Recovery Dharma (In Person)

1st Tuesdays of the month | 6:30 - 8 p.m. ET
ROC House | 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) meeting. A mindfulness-based recovery meeting inspired by Buddhist principles. Sessions include guided meditation & discussion on practical recovery tools. No registration required.

For the official calendar, visit www.recoveryopportunitycollective.org/



May 7 and 21 - NAMI LGBTQ+ Support Group (Virtual)

1st and 3rd Thursdays | 6 - 7:30 p.m. ET

This experience-based support group is for individuals 18+ who identify as part of the LGBTQ+ community. This is a safe, non-judgmental space. Mental health conditions not required.

one-time registration at www.NAMIsupportgroups.org



May 7 and 21 – Circle of Support, Postpartum Group for Moms (In Person)

10 - 11:30 a.m. ET

Support group for new moms experiencing mental health issues.

Registration at www.saintpaulsumc.org/circleofsupport/



May 9 and 23 – All Recovery/DBSA Meeting (In Person)

2nd and 4th Saturdays of the month | 1 - 3 p.m. ET
ROC House | 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) and Depression and Bipolar Support Alliance (DBSA) partner together to offer this group. Open to anyone in recovery. No registration required.

For the official calendar, visit www.recoveryopportunitycollective.org/



May 12 and 28 – NAMI Family Support Group (Virtual)

2nd Tuesdays and 4th Thursdays of the month | 7 - 8:30 p.m. ET

Open to adults 18+ who have family or friends living with symptoms of mental health conditions.

One-time registration at <https://www.namisupportgroups.org/>



May 12 – Multiple Pathways to Recovery: Social Night at ROC (In Person)

2nd Tuesdays of the month | 6:30 - 7:30 p.m. ET
ROC House | 2200 Old St. Augustine Road, Tallahassee, FL

Bring some food, and bring a friend! This is our once monthly social night for all groups to get together, eat, and have a fun evening. No registration required.

For the official calendar, visit www.recoveryopportunitycollective.org/



May 14 - NAMI Tallahassee Young Adult Support Group (Virtual)

2nd Thursdays of the month | 6 - 7:30 p.m. ET

Open to young adults ages 18-25 wanting to talk about mental wellness. Mental health conditions not required. Hop onto our group for conversation, and find some peer support!

One-time registration at <https://www.namisupportgroups.org/>



May 18 - Capital Area Healthy Start Pregnancy & Infant Loss Support Group (Virtual)

3rd Mondays of the month | 10 - 11 a.m. ET

Register at <https://form.jotform.com/251183976085163>



May 18 - Capital Area Healthy Start Maternal Mental Health Support Group (Virtual)

3rd Mondays of the month | 11:30 a.m. - 12:30 p.m. ET

Register at <https://form.jotform.com/260084484774162>



May 19 - Multiple Pathways to Recovery: SMART Recovery (In Person)

3rd Tuesdays of the month | 6:30 - 8 p.m. ET
ROC House | 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) meeting. A science-based, self-empowering approach to recovery that provides practical tools for managing thoughts, emotions, and behaviors. No registration required.

For the official calendar, visit www.recoveryopportunitycollective.org/



May 22 - Middle & High School LGBTQIA+ Support Group (In Person)

Every 4th Friday of the month | 5:45 - 7 p.m. ET

To find out more, including location, email siufl.fsu.edu or call (850)354-9522.



May 26 - Multiple Pathways to Recovery: Open Discussion (In Person)

6:30 - 8 p.m. ET
ROC House | 2200 Old St. Augustine Road, Tallahassee, FL

All are welcome regardless of their recovery journey. No registration required.
For the official calendar, visit www.recoveryopportunitycollective.org/



May 28 – NAMI Tallahassee Neurodivergent Support Group (Virtual)

4th Thursdays of the month | 7 - 8:30 p.m. ET

These support groups are for those of us who identify as neurodivergent or experience the world in unique ways. Explore identity, share lived experiences, and build self-advocacy and resilience within a supportive peer community.

One-time registration at <https://www.namisupportgroups.org/>



May 28 – LGBTQ+ Senior Support Group (In Person)

4th Thursday of the month | 11:30 a.m. - 12:30 p.m. ET

Hosted by Capital Tea and Elder Care Services at the Tallahassee Senior Center
1400 North Monroe Street, Tallahassee, FL

No registration required.



May 28 – Coping Connections and HealthyU (Virtual)

Monthly support and conversation about coping and health. All are welcome.

For Zoom link and more information, contact Jackie Robinson at
coping.connections2@gmail.com



May 28 - Big Bend Survivors of Suicide Loss Support Group (In Person)

Monthly meetings | 6 - 7:30 p.m. ET
1210 East Park Avenue, Tallahassee, FL

A 211 Big Bend support group. This support group (also called SOS) is for individuals dealing with a loss due to suicide. Talk openly, connect with others, and learn how to cope. Group led by a certified crisis counselor.

New members, please contact Stephen at (850)617-6314.