



Mental health
advocacy, education
and support.

Zoom for Support Groups

NAMI Chicago utilizes the Zoom application for our online support group meetings. Zoom is a free software application that can be used to access a meeting via a computer, tablet, or mobile phone. If you would like assistance with Zoom, please feel free to use the resources below:

- [How to Join a Meeting + video](#)
- [How to Sign Up for a Zoom Account](#)
- [Getting Started Guide for New Users](#)
- [Zoom In-meeting Navigation](#)
- [Zoom Download Center](#)

Zoom Meeting Tips

- Please mute yourself when you are not speaking to minimize distractions. When you'd like to talk, please click the **microphone icon** in the bottom left corner to adjust your audio.
- You can virtually "**raise your hand**" by clicking on the hand icon in the toolbar if you have a question for us or if you would like to unmute yourself to speak.
- You can also utilize the **chat** feature to send messages or ask questions. You can message an individual user or the entire group. If we are sharing our screen, please let us know if you can't see or hear.