



Support Groups

Support Groups are a great option for people who are looking for a group of people who have commonalities to get supports. Support groups are also a great options for people who are looking for strategies to maintain their mental wellness in between seeing a therapist. Support groups are usually free or a low-cost. They are often run by people who identify with the issue of concern.

Here are some organizations that provide support groups:

Sista Afya

Sister Support Group
(Chicago only)
www.sistaafya.com

National Alliance on Mental Illness

Connection Group & Family Group
(Nationwide)

<https://www.nami.org/Find-Support/NAMI-Programs>

Depression & Bipolar Support Alliance

Online & In-person Support Groups
(Nationwide)

<http://bit.ly/DBSAGroups>

Anxiety Depression Association of America

Online & In-person Support Groups
(Nationwide)

<https://adaa.org/supportgroups>