

## Central Ohio Mental Health and Addiction Support Groups

### ADD/ADHD

#### **Adult AD/HD Support Group of Central Ohio**

Every other Wednesday, 6:30–8 PM  
Contact: 614-446-4644

### Anxiety

#### **Anxiety Peer Support Group\***

Overbrook Presbyterian Church  
4131 N. High St., Columbus, 43214  
2<sup>nd</sup> and 4<sup>th</sup> Mondays, 7–8:30 PM  
Contact: Brandi Allen at 614-221-1441  
ballen@mhaohio.org

### Bipolar Disorder

#### **Bipolar Peer Support Group\***

Overbrook Presbyterian Church  
4131 N. High St., Columbus, 43214  
2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7–8:30 PM  
Contact: Brandi Allen at 614-221-1441  
ballen@mhaohio.org

#### **Bipolar Support Group**

P.E.E.R. Center West  
1114 W. Broad St., Columbus, 43222  
Call to confirm schedule  
Contact: 614-453-4840

#### **Depression and Bipolar Support Alliance of Northwest Columbus**

Meadow Park Church of God  
2425 Bethel Rd., Columbus, 43220  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 7 PM  
Contact: 614-547-9788

### Depression

#### **Depression Support Group\***

Overbrook Presbyterian Church  
4131 N. High St., Columbus, 43214  
1<sup>st</sup> and 3<sup>rd</sup> Mondays, 7–8:30 PM  
Contact: Brandi Allen at 614-221-1441  
ballen@mhaohio.org

#### **Depression Support Group\***

North Central Mental Health Services  
1301 N. High St., Columbus, 43201  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7–8:30 PM  
Contact: Brandi Allen at 614-221-1441  
ballen@mhaohio.org

#### **Depression Peer Support Group\***

Riverside's Dempsey Center  
3535 Olentangy River Road, Columbus, 43214  
4<sup>th</sup> Monday, 6:30–8 PM  
Contact: Brandi Allen at 614-221-1441  
ballen@mhaohio.org

### Eating Disorders

#### **Multiple groups for various eating disorders**

The Center for Balanced Living  
8001 Ravines Edge Ct., Suite 201 Columbus, 43235  
1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 6:30–8 PM  
Contact: 614-896-8222

### Family Member Support

#### **Families In Touch\***

Twin Valley Behavioral Health  
2200 W. Broad St., Columbus, 43223  
3<sup>rd</sup> Thursday, 5:30–7:00 PM  
Contact: Scott Hauser 614-641-4135

#### **Families In Touch\***

Riverside's Dempsey Center  
3535 Olentangy River Road, Columbus, 43214  
Tuesdays, 4:30–5:30 PM  
Contact: Heather Donnelly 614-566-2638

#### **Families In Touch\***

Co-sponsored by Concord Counseling  
Panera – Clintonville  
4519 N High St, Columbus, OH 43214  
Contact: Jill Hammonds at 614-882-9338  
jillhammonds@concordcounseling.org

#### **Tea & Tears – Family support group (2 locations)**

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 5:30-7 PM  
Contact: NAMI Franklin County, 614-501-6264

#### **Grupo de Apoyo Amigas Latinas**

Apoyo a cuidadores y familiares que cuidan a sus seres queridos con enfermedades mentales. Por favor llame a **Marbella Cáceres at 1-800-374-2806**, para verificar fecha de la reunión.

#### **Parenting with Powerful Purpose: Raising Children with Special Needs**

Syntero – Dublin Location  
299 Cramer Creek Ct., Dublin, 43017  
2<sup>nd</sup> Monday, 6:30-8  
Contact: Sandra at 614-889-5722 x. 109

#### **Caregiver Support**

Riverside's Dempsey Family Education and Resource Center  
3535 Olentangy River Road, Columbus, 43214  
2<sup>nd</sup> Tuesday at 1:00 PM and at 6:00 PM  
Contact: Melinda McGuire 614-788-6115

### Grief/Loss

#### **Kobacker House**

800 McConnell Dr., Columbus, 43214  
Call for meeting times call: 614-566-5377

See reverse for more groups.

\*Denotes a group sponsored by Mental Health America of Ohio. For additional mental health resources in Franklin County, visit [mhaohio.org](http://mhaohio.org) or call 614-221-1441. This document also lives online here: <http://mhaohio.org/get-help/support-groups/>

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### **Grief Process Support Group**

*Mount Carmel Hospice and Palliative Care Center:*  
Wednesdays, 12:30-2  
*Mount Carmel St. Ann's:* Thursdays, 12-1:30  
*Mount Carmel East:* Tuesdays, 6:30pm-8  
To register for these free groups call: 614-234-0200

### **Survivors of a Loss to Suicide**

North Central Mental Health Services  
1301 N. High St.  
Last Sunday of each month, 7–8:30 PM  
Contact: Rick Baumann 614-395-0727

### **LGBTQ-related**

#### **Stonewall Columbus Trans Peer Support Group (adults)**

Summit on 16<sup>th</sup> UMC  
82 E. 16<sup>th</sup> Ave., Columbus, 43201  
Mondays, 5–7 PM  
Contact: [transsupport@stonewallcolumbus.org](mailto:transsupport@stonewallcolumbus.org)

#### **Trans and Gender Non-Conforming Youth Support Group (ages 12-20)**

Kaleidoscope Youth Center  
603 E. Town St., Columbus, 43215  
Tuesdays, 7–8:30 PM  
Contact: 614-294-5437

#### **Parents/Caregivers of Trans and Gender Non-Conforming Youth Support Group**

Main Library, Room 119B  
Tuesdays, 7-8:30 PM  
Contact: 614-294-5437

#### **Celebrate You! (ages 13-18)**

Inclusive, youth group celebrating identity in its entirety and building self-esteem and personal strengths. Drop-ins encouraged.  
3645 Ridge Mill Dr., 43026  
Contact: Syntero 614-457-7876

### **Obsessive-Compulsive Disorder**

#### **Central Ohio GOALS for OCD\***

Worthington United Methodist Church  
600 High St., Browning Lounge, Worthington, 43085  
1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 6:30–8:30 PM  
Contact: Beth McCreary at 614-436-5030 x6  
[mccreary.abhs@gmail.com](mailto:mccreary.abhs@gmail.com)

### **Pregnancy and Postpartum**

#### **POEM (Perinatal Outreach & Encouragement for Moms)\***

Meets four times a month at different locations.  
Contact: POEM Support Line 614-315-8989  
or email Becca Alexander at  
[balexander@mhaohio.org](mailto:balexander@mhaohio.org)

### **Schizophrenia**

#### **Voices Worth Hearing\* (CSN)**

1810 Sullivant Ave., Columbus, 43222  
Mondays, 11 AM–12 PM  
Contact: 614-221-1441

#### **Voices Worth Hearing\* (Pathway Clubhouse)**

1221 E. Broad St., Columbus, 43205  
Tuesdays, 3–4 PM  
Contact: Steve Willey 614-468-1967

#### **Voices Worth Hearing\* (Concord)**

700 Brooksedge Blvd., Westerville, 43081  
Wednesdays, 6–7:30 PM  
Contact: 614-221-1441

### **Trauma**

#### **Multiple groups for survivors of trauma (ages 3 and up) and their family members at CTAP**

777 West State St., Suite 506, 43222  
Contact: 614-234-5900 (24-hour); [ctap@mchs.com](mailto:ctap@mchs.com)

#### **Violence Survivor Group**

3650 Olentangy River Road, Suite 310, Col's 43214  
6–7:30 PM  
614-293-STAR ext. 7827

### **Additional Groups**

#### **NAMI Connection - Peer Support for Adults with Mental Illness**

OSU East Talbot Hall  
1441 Phale D. Hale Dr., Rm. 300, 43205  
Saturdays, 12–1:30 PM  
Contact: NAMI Franklin County, 614-501-6264

#### **Alcoholics Anonymous**

Contact: 614-253-8501  
<http://www.aa.org/>

#### **Al-Anon/AlaTeen**

Contact: 614-547-1550  
<http://www.al-anon.alateen.org/>

#### **Emotions Anonymous**

Contact: 614-470-0397  
<http://www.emotionsanonymous.org/>

#### **Narcotics Anonymous**

Contact: 614-252-1700  
<http://www.naohio.org/>

#### **Families Anonymous**

Contact: 614-237-2031  
<http://www.familiesanonymous.org/>

#### **SMART Recovery**

<http://www.smartrecovery.org>

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