2021 SUPPORT GROUPS

MHAOhio is offering a number of free, self-help (non-clinical) support groups virtually and in person. For more information, call Grace Zafasi at (614) 221-1441, ext. 118, email gzafasi@mhaohio.org and visit mhaohio.org/events. Groups are cofacilitated by an MHAOhio-trained peer and/or a mental health professional.

DEPRESSION & BIPOLAR DISORDER

Depression Peer Support Group
1st and 4th Thursdays
6:30 – 8:00 p.m.
Meets on Zoom; register at mhaohio.org/events.

North Central Mental Health Depression Support Group
2nd and 4th Thursdays
7:00 – 8:30 p.m.
North Central Mental Health Services
1301 N. High St. Columbus 43201
North Central requires that attendees are fully vaccinated and wear a mask while in the building.

Bipolar Peer Support Group – paused until group returns to in-person format.
DBSA groups may be an alternative: https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/

SCHIZOPHRENIA & OTHER PSYCHOTIC SPECTRUM DISORDERS

Voices Worth Hearing (Community Support Network, co-sponsor)
Every Wednesday
11:00 a.m. – 12:00 p.m.
Meets on Skype. Contact facilitator Mary Beth Sparks at mary.sparks@mha.ohio.gov, 614-641-4073 for meeting access details.

Voices Worth Hearing (Concord Counseling, co-sponsor)
Every Tuesday
3:00 – 4:00 p.m.
1221 E. Broad St. Columbus 43203
Concord requires that attendees wear a mask while in the building.

Voices Worth Hearing (Concord Counseling, co-sponsor)
Every Wednesday
5:00 p.m. – 6:00 p.m.
Meets on Zoom. Contact Grace Zafasi at number/email above for meeting access details.

OCD & ANXIETY

Central Ohio GOALS for OCD (Anxiety and Behavioral Health Services, co-sponsor)
1st and 3rd Wednesdays
6:30 – 8:30 p.m.
Meets on Zoom; register at mhaohio.org/events.
Anxiety Peer Support Group
2nd and 4th Mondays
7:00 – 8:30 p.m.
Meets on Zoom; register at mhaohio.org/events.

FAMILIES IN TOUCH
Supporting family, friends and caregivers of adults and transitional age youth with mental illness.

Families in Touch Behavioral Health Support Group
Every Tuesday
4:30 – 5:30 p.m.
Riverside Hospital’s Dempsey Family Education and Resource Center
3535 Olentangy River Road Columbus 43214
Must register by calling 614-788-6115 or email the Dempsey Center at dempseycenter@ohiohealth.com

Families in Touch (Twin Valley Behavioral Health, co-sponsor)
3rd Thursday of each month
5:30 – 7:00 p.m.
Meets on Skype. Contact facilitator Claudia Major at claudia.major@mha.ohio.gov, 614-641-4524 for meeting access details.

WOMEN’S MENTAL HEALTH

Grupo de Apoyo para Pares en Salud Mental para Mujeres Latinas (Latina Women’s Mental Health)
El Departamento de Salud Pública de Columbus y MHAOhio se han asociado para proveer un grupo de apoyo para pares sobre salud para Mujeres Latinas, en internet. El grupo será facilitado por Adriana Blanco-Enyart e Ixalia Ortiz y será conducido completamente en Español. La meta es proveer un espacio en línea que sirva para apoyar, aceptar y facilitar conexiones, reducir sentimientos de aislamiento, y vincular a los participantes con recursos apropiados. Este no es un grupo clínico de apoyo para pares sobre salud mental y está abierto para toda mujer latina mayor de 18 años que hable Español. No necesita ser referido por un profesional.

Las reuniones se harán en internet el primer y tercer miércoles de cada mes de 6 a 7:30 pm. Para participar en este grupo, puede registrarse son Adriana Blanco-Enyart, ABBlanco@columbus.gov, cel. 614-852-7912. El grupo tiene un máximo de 16 participantes, la registración se hará en orden de llamada.