Full List of Support Groups
Summer 2022

All groups are free to attend. Groups are co-facilitated by an MHAOhio-trained peer and/or a mental health professional; all groups are non-clinical. For more information, please visit mhaohio.org/events or contact Erica Duncan at eduncan@mhaohio.org, or 614-221-1441. Events are also listed on Meetup.com.

Depression, Bipolar, & Mood Disorders

🛜 Depression Support Group (Riverside)

Day & Time: First & Fourth Thursdays, from 6:30pm to 8:00pm
Location: Zoom
Interested? Visit mhaohio.org/events to preregister and receive the link.

👤 Depression Support Group (North Central)

Day & Time: Second & Fourth Thursdays, from 7pm to 8:30pm
Location: 1301 N. High Street, Columbus, OH 43201
Interested? Preregistration is not required.

🛜 Bipolar Support Group

Day & Time: First Saturday from 12pm to 1pm; Third Tuesday from 6pm to 7pm
Location: Zoom
Interested? Email Erica Duncan at eduncan@mhaohio.org to receive the link.

Anxiety & OCD

🛜 Anxiety Support Group

Day & Time: Second and Fourth Mondays, from 7pm to 8pm
Location: Zoom
Interested? Visit mhaohio.org/events to preregister and receive the link.

🛜 GOALS for OCD Support Group

Day & Time: First and Third Wednesdays, from 6:30pm to 8:30pm
Location: Zoom
Interested? Visit mhaohio.org/events to preregister and receive the link.

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Schizophrenia & Other Psychotic Spectrum Disorders

👤 Voices Worth Hearing (East/Concord Counseling)

Day & Time: Every Tuesday, from 3pm to 4pm
Location: 1221 E. Broad St., Columbus, OH 43203
Interested? Preregistration is not required; however, masks are required.

🛜 Voices Worth Hearing (West/Community Support Network)

Day & Time: Every Wednesday, from 11am to 12pm
Location: Skype
Interested? Email mary.sparks@mha.ohio.gov or call 614-641-4073 for the link.

🛜 Voices Worth Hearing (Westerville/Concord Counseling)

Day & Time: Every Wednesday, from 5pm to 6pm
Location: Zoom
Interested? Email Erica Duncan at eduncan@mhaohio.org to receive the link.

👤 Voices Worth Hearing (Westerville/Concord Counseling)

Day & Time: Every Wednesday, from 6pm to 7pm
Location: 700 Brooksedge Blvd, Westerville, OH 43081
Interested? Preregistration is not required.

Latina Women's Mental Health

🛜 Grupo de apoyo para pares en salud mental para mujeres latinas

Day & Time: Primer y Tercer Miércoles, de 6pm a las 7:30pm
Location: Zoom
Interested? Registrarse por ABBlanco@columbus.gov o 614-852-7912.

MHAOhio Support Groups Summer 2022

Families In Touch

👤 Families In Touch Behavioral Health Support Group (Riverside)

Day & Time: Every Tuesday, from 4:30pm to 5:30pm
Location: The Dempsey Family Education and Resource Center at Riverside Hospital
3535 Olentangy River Road, Columbus OH 43214. Park in Red Garage.
Interested? Email dempseycenter@ohiohealth.com or call 614-788-6115 to register.

📶👤 Families In Touch (West/Twin Valley)

Day & Time: Third Thursday, from 5:30pm to 7pm
Location: Hybrid (Zoom & In Person)
2200 W. Broad Street, Columbus, 43223
Interested? Registration is not required for in-person attendance; masks and temperature checks are required. To attend online, email claudia.major@mha.ohio.gov or call 614-641-4524 to receive the Zoom link.

Upcoming Groups

In partnership with the Fairfield County ADAMH Board, five new support groups are set to begin in Fall 2022. All residents and community members of Fairfield County are welcome and encouraged to participate in these free peer support groups. Groups will include:

- Anxiety
- Depression
- Mood Disorders
- Families of Individuals with Substance Abuse
- Voices Worth Hearing

Interested in Facilitating a Support Group?

Individuals with lived experience (peers) and licensed mental health professionals are invited to join the Support Groups program as a facilitator or co-facilitator. To learn more about the necessary qualifications and next steps, please visit mhaohio.org/get-involved/volunteer. **We will begin processing applications in July 2022.**