



DEPRESSION AND BIPOLAR SUPPORT GROUPS

Jefferson Center for Mental Health

- Navigation: 303-432-5130 / Wellness Now!: 303-423-2266
- **Outpatient Groups** - A wide range of support groups for Jefferson Center Clients - Focuses include depression, bipolar, anxiety, co-occurring, women, etc - Call Navigation to have a schedule mailed to you or ask your therapist
- **Wellness Now!** - Classes to support general wellness, including meditation, creative expression, stress management, yoga, communication, self-esteem, etc. - Some classes open to community members - Contact Wellness Now!

There are several free groups in the area that provide education and support to people experiencing problems with mental illness.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Depression and Bipolar Support Alliance (DBSA)

- National site: www.dbsalliance.org
- National organization providing information, meetings and on-line support
- Downtown Denver: www.beyondbipolar.com
 - o 1st and 3rd Thurs of month at 7pm, Our Savior's Lutheran Church, 915 E. 9th Ave, Denver (Corner of 9th & Emerson). Meeting is in the MARCH center at the north end of the church on the lower level.
 - o Just show up, no registration necessary
- Northglenn: 303-584-1957, www.dbsalliance.org/northstar
 - o "North Star" Group, Mon, 7-9pm, Crossroads Church, 10451 Huron St., Northglenn, CO 80234 (104th & Huron)
 - o Long lived, very active peer support and education group
 - o Consumers & family members meet concurrently

NAMI Connection: Multiple locations in the metro area, <http://www.namicolorado.org/>

- Weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.
- SW Denver: CO Mental Health Institute – Ft. Logan
 - o 3520 W. Oxford St., Admin Building, Room 108, Denver, 80236
 - o Thursdays at 7:00pm
 - o Joe, 303-949-3862
 - o Norma, 303-588-1402, normajean88@gmail.com
- Aurora: Community Connections
 - o 10004 E. Colfax Ave., Aurora 80010
 - o Fridays at 6:00pm

- Contact Angela: 720-224-2723, angelabarnaby@yahoo.com
- Denver: Mental Health Center of Denver
 - 4141 E. Dickenson Pl., 2nd floor – Training Room, Denver, CO
 - Tuesdays at 6:30pm
 - Contact Megan, meganfaber@hotmail.com or
 - Nicolas: 720-273-9865, nicolasramke@yahoo.com
- Littleton:
 - ADMHN Bldg., 3rd Floor, 5500 S. Sycamore St., Littleton, CO 80120
 - Wednesdays at 7:00pm
 - Contact June: 303-788-0776, junemcw@gmail.com or
 - Carol: 303-790-1055, kyvilla@aol.com
- Littleton:
 - Columbine Unitarian Universalist Church, 6724 W. Webster St, Littleton, CO 80128 – Meets in the lounge
 - Tuesdays at 7:00pm
 - Contact Don: 720-301-8138, dmcclaryjr1966@aol.com
 - Kathy: 720-276-8378, katredman16@yahoo.com

Recovery International (Abraham Low Self Help) Meetings

- www.lowselfhelpsystems.org
- National organization with meetings nationwide and on-line
- West Metro: Mon, 1pm at First Presbyterian, 8210 W 10th Ave, Lakewood, 80214, contact is Janine at 303-458-7680.
- Structured meetings teach and support the use of Recovery International skills
- Goal is to manage symptoms that impair the ability to live a normal life: ie. Anger, Anxiety, ADHD, Bipolar, Borderline PD, Compulsions, Conflict, Depression, Low Self Worth, Fears, Insomnia, Obsessions, Panic Attacks, Schizophrenia, Social anxiety, Suicidal Ideation, Stress, etc.
- Groups are walk-in (can bring a friend or relative for support)
- No required fees, but a voluntary collection is taken at every meeting

Empower Colorado

- 1-866-213-4631, www.empowercolorado.com
- Support, education, advocacy and resources to families with children and youth who have social, emotional, or mental health challenges.
- Most groups offer free child care or a children's program
- "Empowering Families Through the Diagnostic Journey" Workshop: 1-866-213-4631 or info@empowercolorado.com
Helps families understand how to get to a diagnosis, how to move forward after the diagnosis is given, learn effective communication, learn to problem solve, build a partnership with schools, navigate systems and step forward.
- Littleton Support Group: littleton@empowercolorado.com
1st & 3rd Thurs, 6-8pm, Arapahoe/Douglas Mental health Executive Office, 155 Inverness Drive West, Englewood, CO 80112
- Thornton Support Group: 303-594-4890, adams@empowercolorado.com
3rd Mon, 6-8pm, Rainbow Center, 2140 E 88th Ave, Thornton, CO

On-Line Support

Depression Tribe

- www.depressiontribe.com
- On-line information, support and forums

ERIC (Everyone Remains In Control)

- www.ericprogram.com/
- On-line information, support and forums.

Bipolar Support

- www.bipolarsupport.org
- On-line information, support and forums

Mental Help.Net

- www.mentalhelp.net
- On-line information, support and forums.

Online Support for Young Adults

- <http://strengthofus.org/>
- This website is geared towards young adults, ages 18-26, who are living with mental illness as well as those who want to learn more about mental health or how to support their friends or family members living with a mental illness.
- Young adults with shared interests and concerns, and those seeking information, are able to connect with one another and their local communities. The website enables youth to create a profile and communicate with each other within a safe and secure environment. There is also information and resources available on topics pertaining to mental health and transition-age issues.