



**Jefferson Center**  
for mental health



**NAVIGATION**  
"Your roadmap to mental health..."

303.432.5130  
[navigation@jcmh.org](mailto:navigation@jcmh.org)

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## 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!

### **RECOVERY INTERNATIONAL**

- 303-458-7680, [www.recovery-inc.org](http://www.recovery-inc.org), 30\_@recovery-inc.org
- National organization with meetings nationwide and on-line
- West Metro: Mon, 1pm at First Presbyterian, 8210 W 10<sup>th</sup> Ave (at Brentwood)
- 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

### **DEPRESSION & BIPOLAR SUPPORT ALLIANCE (DBSA)**

- National site: [www.dbsalliance.org](http://www.dbsalliance.org)
- National organization providing information, meetings and on-line support
- Downtown Denver: 303-329-3364, [www.beyondbipolar.com](http://www.beyondbipolar.com)
  - o 3rd Thurs of mth, 7pm, Messiah Lutheran Church, 1750 Colorado Blvd, Denver (across from Museum of Nature & Science - park on east side)
  - o Just show up, no registration necessary
- Northglenn: 303-584-1957, [www.northstardbsa.com](http://www.northstardbsa.com)
  - o "North Star" Group, Mon, 7-9pm, Crossroads Baptist (104<sup>th</sup> & Huron)
  - o Long lived, very active peer support and education group
  - o Consumers & family members meet concurrently

### **DENVER WEST MENTAL HEALTH SUPPORT GROUP**

- Contact Carol: 720-235-2582, or [carol@denverwestsupportgroup.org](mailto:carol@denverwestsupportgroup.org)
- 6:30-8:30pm, every Tuesday. Board Room, Administration Building, Exempla West Pines. 3400 Lutheran Parkway, Wheat Ridge, CO
- <http://www.denverwestsupportgroup.org/index.html>

- Free, adult (18+ only) support group. Sharing coping skills, knowledge, and individual life experiences to help make living with mood disorders a little easier. Confidential, peer-supported environment.

### DEPRESSION DROP-IN SUPPORT CENTER

- 303-871-2801 (recorded information) or 303-871-3626
- Run by Professional Psychology Center, University of Denver, graduate students
- 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month, 6:30pm – 8pm. Free.
- Amy Hyde Building, 2460 S. Vine, Room 12

### NAMI CONNECTIONS SUPPORT GROUP

- Southwest Denver, 303-949-3862 (Joe) or 303-588-1492 (Norma) or 303-988-1033 (Else)
- Every Thurs, 7-8:30 pm at Ft. Logan Hospital, 3520 W. Oxford Ave, Rm 108
  - Walk-in group, bring ID due to security measures

### THE HEARING VOICES NETWORK OF DENVER

- 720-252-1040, [www.denvervoices.org](http://www.denvervoices.org)
- Peer support and encouragement for individuals who experience hearing voices, such as those with bipolar disorder and schizophrenia
- Goal is to provide coping skills and a sense of community.
- Sun, 6-8pm, Community Connections, 10004 E. Colfax Ave, Aurora Co
- Call number above to register. Donations appreciated but not required.
- **This group is currently on Hold. Please check website for updates.**

### EMPOWER COLORADO

- 1-866-213-4631, [www.empowercolorado.com](http://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
- Littleton: [littleton@empowercolorado.com](mailto:littleton@empowercolorado.com)  
1<sup>st</sup> & 3<sup>rd</sup> Thurs, 7-9pm, Highlands Behavioral Health, 8565 S. Poplar Way
- Thornton: 303-594-4890, [adams@empowercolorado.com](mailto:adams@empowercolorado.com)  
3<sup>rd</sup> Mon, 6-8pm, Rainbow Center, 2140 E 88th Ave

### DEPRESSION TRIBE

- [www.depressiontribe.com](http://www.depressiontribe.com)
- On-line information, support and forums

### BIPOLAR SUPPORT

- [www.bipolarsupport.org](http://www.bipolarsupport.org)
- On-line information, support and forums



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## 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.



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