

Depression & Bipolar Support Groups



Jefferson Center
for mental health

Groups at Jefferson Center

Jefferson Center for Mental Health

303-425-0300

Various locations throughout Jefferson County

<http://www.jcmh.org>

- **Outpatient Groups**
 - Offers a wide range of support groups for clients of Jefferson Center, including groups that focus on depression, bipolar disorder, anxiety, and trauma.
- **Wellness Now!**
 - Offers an array of classes to support general wellness, including meditation, stress management, yoga, strategies for depression, and taming depression and anxiety.
 - Most classes are open to community members.
 - Fees: usually \$5, \$10 or free for Medicaid members
 - For more information or to request a Wellness Now Catalog, contact Wellness Now at 303-432-5032, Navigation at 303-432-5130, or visit <http://wellnessnow.jcmh.org>.

Groups in the Community

Robert B. Sutherland Center Seminar Series (at UC Boulder)

303-492-5680

Room E214, Muenzinger Psychology Building (University of Colorado – Boulder)

<http://rdsfoundation.org/the-rds-center-at-cu/seminar-series/>

- Weekly seminars on topics related to bipolar disorders. Seminars are primarily designed for adults with a bipolar disorder and their family and friends, but are open to anyone in the community.
- First 8-week session for 2016 is concluded.

Recovery International (Abraham Low Self Help)

1-866-221-0302

- National organization that provides in-person, telephone, and online meetings to teach and support the use living skills which encourage and improve personal growth.
- There is no fee to attend, but participants are asked to help support the organization via voluntary contributions, with the suggested donation being \$4 per meeting.
 - West Metro Meeting
 - Mondays at 1:00pm at First Presbyterian Church (8210 W 10th Ave, Lakewood). Contact Janine at (303) 458-7680.
 - Denver Metro Meeting
 - Tuesdays at 7:30pm at St. Michael and All Angels (1400 S. University Blvd, Denver). Contact Claudia at (303) 779-1528.
- To find a meeting near you, visit: <http://www.recoveryinternational.org/meetings/find-a-meeting/>

There are several free groups in our community that **provide education and support** to individuals experiencing mental illness.

Our resources have been organized into the following categories:

- [Groups at Jefferson Center](#)
- [Groups in the Community](#)
- [Peer Support](#)
- [Crisis Support](#)
- [Support for Parents, Family Members, and Partners](#)

If looking for online support, please ask Navigation for an additional list of mental health chats, apps and websites.

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



Peer Support

Depression and Bipolar Support Alliance (DBSA)

1-800-826-3632

<http://www.dbsalliance.org>

- Provides hope, support, and education to improve lives of people who have mood disorders.
- DBSA chapters are independent, local affiliates of the Depression and Bipolar Support Alliance.
 - Please note: *DBSA chapters are volunteer-run and many of the numbers listed are personal phone numbers. Please be considerate of the time of day you are calling.*
- Northglenn (DBSA Northstar)
 - Mondays from 7pm - 9pm at Crossroads Church (10451 Huron Street, Northglenn).
 - Contact at Michelle Mudge-Davis at (303) 881-1506 or Chuck Merrill at (303) 419-9202.
 - For more information, visit: <http://www.dbsanorthstar.org>
- Broomfield (DBSA Broomfield and Boulder)
 - Thursdays from 6:30pm - 8:00pm at United Church of Broomfield (825 Kohl Street, Broomfield).
 - Contact Molly, Andrea, or Carl at (720) 443-2849.
 - For more information, visit: <http://boulderdbsa.com>
- To find a meeting near you, visit:

http://www.dbsalliance.org/site/PageServer?pagename=peer_support_group_locator

NAMI Connection

303-321-3104 or 1(888) 566-6264 (toll free)

<http://www.namicolorado.org/> (NAMI Colorado)

<http://www.namijeffco.org/> (NAMI Jefferson County)

- The NAMI Connection Recovery Support Group Program is a peer-based, mutual support group program for any adult living with a mental illness.
 - Lakewood
 - Support group for young adults (ages 18-26); 1st & 3rd Thursday at 5:00-6:30pm
 - St. Anthony's Hospital, Classroom E (11600 W. 2nd Place, Lakewood, CO).
 - For more information, contact Courtney at 303-591-2341.
 - Englewood
 - Mondays at 7:00pm
 - Arapahoe Douglas Mental Health Network (155 Inverness Drive West).
 - For more information, contact namiadvocate08@gmail.com.
 - Littleton
 - 1st and 3rd Wednesdays, 7:00-8:30pm
 - Arapahoe/Douglas Mental Health Network, 5500 S Sycamore Street, Littleton, CO
 - For more information, contact Carol at 303-727-0776 or kyvilla@aol.com.
 - Denver
 - Thursdays at 6:00pm
 - Colorado Mental Health Institute, Fort Logan (3520 W. Oxford St Admin Building - Room 108, Denver, CO 80236)
 - For more information, contact Joe at 303-949-3862.
 - Tuesdays at 6:30pm
 - Mental Health Center of Denver (4141 E Dickenson Pl; 2nd Floor Training Room; Denver, CO 80222)
 - For more information, contact Nicolas at 720-273-9865 or call 303-504-6500.



- To find a meeting near you, visit:
[http://www.namicolorado.org/EducationSupport/EducationSupportGroups/PeerSupportGroups\(NAMICConnection\)/tabid/111/Default.aspx](http://www.namicolorado.org/EducationSupport/EducationSupportGroups/PeerSupportGroups(NAMICConnection)/tabid/111/Default.aspx)

Rocky Mountain Crisis Partners – Peer Support Line

1-844-493-8255

<http://www.metrocrisisservices.org>

- Offers free, confidential, strengths-based support by trained peer specialists or clinicians, year-round.
- To access the Support Line, call the main Crisis Line and press * to connect with a Peer Specialist during day/evening hours.

Crisis Support

Rocky Mountain Crisis Partners

1-844-493-8255

<http://www.metrocrisisservices.org>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- Call any time, day or night, to connect with one-on-one support with professional counselors or peer specialists..
- The crisis lines offers translation services for non-English speakers, immediate problem solving support, and follow up calls for continued care.

Support for Parents, Family Members, and Partners

Empower Colorado (A program of Ability Connection Colorado)

1-866-213-4631

<http://empowercolorado.org/>

- Offers support, education, advocacy and resources to families with children and youth living with a mental illness. Dinner and child care may be available during meetings.
 - North Support Group (Thornton)
 - 3rd Thursdays from 6:00PM to 8:00PM at the Rainbow Center (2140 E. 88th Avenue, Thornton)
 - Please call Kim Nichelle Rivera at (303) 226-5535 to RSVP.
- Also provides a 7-week educational workshop “Empowering Families Through the Diagnostic Journey”, Family advocacy and support with schools, hospitals and juvenile justice systems, as well as “Sibshop” workshops for “typical” siblings.
- Current calendar of events is available at: <https://www.facebook.com/EmpowerColorado>

NAMI Family Support Groups

303-321-3104 or 1(888) 566-6264 (toll free)

<http://www.namicolorado.org/>

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care.
 - Wheat Ridge
 - 3rd Wednesday of the month at 7:00pm
 - Jefferson Center for Mental Health (4851 Independence Street, Wheat Ridge, CO).
 - Littleton
 - 1st and 3rd Thursday of the month, 6:30pm-8:30pm



- Red Rocks Fellowship Church 11195 W. Belleview Ave., Littleton, CO.
- Contact Anne at starrainbows@msn.com or Cheri at 303-518-1289 or cbishopnami@aol.com.
- Denver
 - 2nd Tuesday of the month at 7:00pm
 - Mental Health Center of Denver Recovery Center (4455 E. 12th Ave., Denver, CO)
 - Contact Alison at namidenver@gmail.com.
- To find a meeting near you, visit: <http://www.namicolorado.org/EducationSupport/EducationSupportGroups/FamilySupportGroups/tabid/120/Default.aspx>
- NAMI Colorado also provides “Family to Family” classes, offering education, skill training, emotional support, and empowerment. This 12 week series is provided at no cost to family members and caregivers of persons living with mental illness. For more information, please contact Cheri Bishop at 303-518-1289 or cbishopnami@aol.com.

The Balanced Mind Parent Network

<http://www.thebalancedmind.org/>

- Offers online support for parents and guardians of children living with mood disorders

Support through Volunteering

Project Helping

720-767-2014

www.projecthelping.org

- Offers volunteer opportunities to those who struggle with symptoms of depression, or other mental health issues.
- Based on the principle that “Volunteering creates purpose; Purpose creates joy; Joy improves mental health”.
- Must be able to work in a group setting with strangers.
- To sign up, visit their website and register for a volunteering event. You can also call the phone number listed if you don’t have internet access.

