

Online and Telephone Support Groups

 namimainlinepa.org/online-and-telephone-support-groups/

June 30,
2016



The organizations below offer online support in the form of chat rooms, forums, online meetings and phone in support groups and meetings. Although these resources can provide valuable support, please do not consider information on these sites to be completely factual.

Support Groups for Individuals with Mental Illness

Crisis Lines offer one-on-one support and advice in times of crisis. National suicide prevention hotlines are 800.273.8255 or 800.784.2433. For Spanish speakers, call 888.628.9454. The Crisis Text Line is 741-741. County crisis lines can also be helpful (see e.g. <https://namimainlinepa.org/crisis-numbers/>)

Child and Family Connections Offers online and telephone parent support group for parents who have a mental illness. www.childfamilyconnections.org

Depression and Bipolar Support offers online support groups 3 day a week for people with mood disorders. www.dbsalliance.org

Depression Forums is a website and bulletin board with information, links, live chat and more for people who have mood disorders. www.depressionforums.org

Depression Understood offers forums and chatrooms for people with depression www.depression-understood.org

GovTeen is a forum for and by teens with mental health problems and other topics. www.govteen.org

GriefNet offers dozens of email support groups for adults and children. www.griefnet.org and www.kidsaid.com

National Alliance on Mental Illness offers discussion groups and blog for people with mental illness and family members. www.nami.org

OK2Talk is online blog for teens and youth to share their feelings about mental illness.
www.ok2talk.org

Psych Central Community Connection offers many different online forums related to mental health. <http://forums.psychcentral.com/>

ReachOut Sponsored by SAMHSA and Inspire USA Foundation, reachout.com is a teen site with facts, real stories, support and forums. www.reachout.com

Recovery International offers telephone and online meetings as well as online forums
www.recoveryinternational.org

Survivors of Incest Anonymous offers on-line and phone meetings for adult survivors of childhood sexual abuse www.siaawso.org

Vital Cycles offers online and phone meetings to aid in healing from trauma
www.vitalcycles.org

Warm Lines offered by counties provide one-on-one support (see e.g. <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>). Nationally, NAMI offers information, referrals and support through their helpline (1.800.950.NAMI or info@nami.org ; <https://www.nami.org/Find-Support/NAMI-HelpLine>).

Support for Family Members

Crisis Lines offer one-on-one support and advice in times of crisis. National suicide prevention hotlines are 800.273.8255. County crisis lines can also be helpful (see e.g. <https://namimainlinepa.org/crisis-numbers/>)

Depression Forums is a website and bulletin board with information, links, live chat and more for people who have mood disorders. www.depressionforums.org

National Alliance on Mental Illness offers discussion groups and blog for people with mental illness and family members. www.nami.org

Psych Central Community Connection offers many different online forums related to mental health. <http://forums.psychcentral.com/>

Warm Lines offered by counties provide one-on-one support (see e.g. <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>). Nationally, NAMI offers information, referrals and support through their helpline (1.800.950.NAMI or info@nami.org ; <https://www.nami.org/Find-Support/NAMI-HelpLine>).