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/](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](http://www.childfamilyconnections.org)

**Depression and Bipolar Support** offers online support groups 3 day a week for people with mood disorders. [www.dbsalliance.org](http://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](http://www.depressionforums.org)

**Depression Understood** offers forums and chatrooms for people with depression [www.depression-understood.org](http://www.depression-understood.org)

**GovTeen** is a forum for and by teens with mental health problems and other topics. [www.govteen.org](http://www.govteen.org)

**GriefNet** offers dozens of email support groups for adults and children. [www.griefnet.org](http://www.griefnet.org) and [www.kidsaid.com](http://www.kidsaid.com)

**National Alliance on Mental Illness** offers discussion groups and blog for people with mental illness and family members. [www.nami.org](http://www.nami.org)
**OK2Talk** is an 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 online and phone meetings for adult survivors of childhood sexual abuse  www.siawso.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).