

Central Ohio Mental Health and Addiction Support Groups

ADD/ADHD

Adult AD/HD Support Group of Central Ohio

Every other Wednesday, 6:30–8 PM
Contact: 614-446-4644

Anxiety

Anxiety Peer Support Group*

The Dogwood Glen Building, Community Room
3223 Morse Rd. Columbus, 43231
2nd and 4th Wednesdays, 11:30-12:30 PM
Contact: Brandi Allen – 614-221-1441 x. 106

Bipolar Disorder

Bipolar Support Group

P.E.E.R. Center West
1114 W. Broad St., Columbus, 43222
Call to confirm schedule
Contact: 614-453-4840

Depression and Bipolar Support Alliance of Northwest Columbus

Meadow Park Church of God
2425 Bethel Rd., Columbus, 43220
2nd and 4th Tuesdays at 7 PM
Contact: 614-547-9788

Depression

Depression Support Group*

Overbrook Presbyterian Church
4131 N. High St., Columbus, 43214
1st and 3rd Mondays, 7–8:30 PM
Contact: Brandi Allen – 614-221-1441 x. 106

Depression Support Group*

North Central Mental Health Services
1301 N. High St., Columbus, 43201
2nd and 4th Thursdays, 7–8:30 PM
Contact: Brandi Allen – 614-221-1441 x. 106

Eating Disorders

Multiple groups for various eating disorders

The Center for Balanced Living
8001 Ravines Edge Ct., Suite 201 Columbus, 43235
1st and 3rd Tuesdays, 6:30–8 PM
Contact: 614-896-8222

Family Member Support

Families In Touch*

Twin Valley Behavioral Health
2200 W. Broad St., Columbus, 43223
3rd Thursday, 5:30–7:00 PM
Contact: Scott Hauser – 614-641-4135

Families In Touch*

Riverside's Dempsey Family Education and Resource Center
3535 Olentangy River Road, Columbus, 43214
Tuesdays, 4:30–5:30 PM
Contact: Heather Donnelly – 614-566-2638

Tea & Tears – Family support group (2 locations)

2nd and 4th Wednesdays, 5:30-7 PM
Contact: NAMI Franklin County, 614-501-6264

Grupo de Apoyo Amigas Latinas

Apoyo a cuidadores y familiares que cuidan a sus seres queridos con enfermedades mentales. Por favor llame a **Marbella Cáceres at 1-800-374-2806**, para verificar fecha de la reunión.

Parenting with Powerful Purpose: Raising Children with Special Needs

Syntero – Dublin Location
299 Cramer Creek Ct., Dublin, 43017
2nd Monday, 6:30-8
Contact: Sandra at 614-889-5722 x. 109

Caregiver Support

Riverside's Dempsey Family Education and Resource Center
3535 Olentangy River Road, Columbus, 43214
2nd Tuesday at 1:00 PM and at 6:00 PM
Contact: Melinda McGuire – 614-788-6115

Grief/Loss

Kobacker House

800 McConnell Dr., Columbus, 43214
Call for meeting times call: 614-566-5377

Grief Process Support Group

Mount Carmel Hospice and Palliative Care Center:
Wednesdays, 12:30-2
Mount Carmel St. Ann's: Thursdays, 12-1:30
Mount Carmel East: Tuesdays, 6:30pm-8
To register for these free groups call: 614-234-0200

See reverse for more groups.

*Denotes a group sponsored by Mental Health America of Franklin County. For additional mental health resources in Franklin County, visit mhafc.org or call 614-221-1441. This document also lives online here: <http://mhafc.org/get-help/support-groups/>

Central Ohio Mental Health and Addiction Support Groups

LGBTQ-related

Stonewall Columbus Trans Peer Support Group (adults)

Summit on 16th UMC
82 E. 16th Ave., Columbus, 43201
Mondays, 5–7 PM
Contact: lgallagher@stonewallcolumbus.org

Trans and Gender Non-Conforming Youth Support Group (ages 12-20)

Kaleidoscope Youth Center
603 E. Town St., Columbus, 43215
Tuesdays, 7–8:30 PM
Contact: 614-294-5437

FAMILIES of Trans and Gender Non-Conforming Youth Support Group

603 E. Town St., Columbus, 43215
Tuesdays, 7-8:30 PM
Contact: 614-294-5437

Celebrate You! (ages 13-18)

Inclusive, youth group celebrating identity in its entirety and building self-esteem and personal strengths. Drop-ins encouraged.
3645 Ridge Mill Dr., 43026
Contact: Amy, awalliser@syntero.org

Obsessive-Compulsive Disorder

GOALS: Giving those with OCD Another Lifestyle*

Worthington United Methodist Church
600 High St., Room 314, Worthington, 43085
1st and 3rd Wednesdays, 6:30–8:30 PM
Contact: Brandi Allen – 614-221-1441 x. 106

Pregnancy and Postpartum

POEM (Perinatal Outreach & Encouragement for Moms)*

Meets twice a month at different locations.
Contact: POEM Support Line – 614-315-8989 or email Tonya Fulwider at tfulwider@mhafc.org

Maternal Mental Health*

A POEM support group for mothers of children between toddler and teen years

OSU Center for Women's Health
1800 Zollinger Rd., Columbus, 43221
1st Tuesday, 6:45-8:00 PM
Contact: POEM Support Line – 614-315-8989 or email Tonya Fulwider at tfulwider@mhafc.org

Schizophrenia

Schizophrenics Anonymous*

Community Support Network (of TVBH)
1810 Sullivant Ave., Columbus, 43222
Mondays, 11 AM–12 PM
Contact: Brandi Allen – 614-221-1441 x. 106

Schizophrenics Anonymous*

Pathway Clubhouse
1203 E. Broad St., Columbus, 43205
Tuesdays, 3–4 PM
Contact: Steve Willey – 614-468-1967

Schizophrenics Anonymous*

Concord Counseling Services
700 Brooksedge Blvd., Westerville, 43081
Wednesdays, 5–6 PM
Contact: Brandi Allen – 614-221-1441 x. 106

Trauma

Multiple groups for survivors of trauma (ages 3 and up) and their family members

Mount Carmel Crime & Trauma Assistance Program
777 West State St., Suite 506, Columbus, 43222
Contact: 614-234-5900 (24-hour); ctap@mchs.com

Additional Groups

NAMI Connection - Peer Support for Adults with Mental Illness

OSU East Talbot Hall
1441 Phale D. Hale Dr., Rm. 300, 43205
Saturdays, 12–1:30 PM
Contact: NAMI Franklin County, 614-501-6264

Alcoholics Anonymous

Contact: 614-253-8501
<http://www.aa.org/>

Al-Anon/AlaTeen

Contact: 614-547-1550
<http://www.al-anon.alateen.org/>

Emotions Anonymous

Contact: 614-470-0397
<http://www.emotionsanonymous.org/>

Narcotics Anonymous

Contact: 614-252-1700
<http://www.naohio.org/>

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