



ONLINE SUPPORT

- [Anxiety and Depression Association of America](#) (ADAA) offers anonymous [online](#) peer-to-peer anxiety and depression support groups for individuals and their families to share information and experiences.
- [Co-Dependents Anonymous](#) offers a 12-step recovery program for people seeking healthy relationships. Provides phone and online meetings and has a “Meeting Locator” function.
- [Depression and Bipolar Support Alliance](#) (DBSA) provides peer-led support groups for people living with depression and bipolar disorder. DBSA support groups serve peers, young adults, and friends and family members.
- [Emotions Anonymous](#) is an international fellowship of people who desire to improve their sense of emotional well-being. EA members have in-person and online weekly meetings available in more than 30 countries with 600 active groups worldwide.
- [Ivory Garden](#) is an organization that provides online support groups where those who have experienced trauma can talk openly to help each other understand the ins and outs of living with DID, and act as ears for those who need to talk about what is going on in each other’s daily lives.
- [Pro2Pro Listserv](#) is a collaborative mental health initiative from the Saks Institute and the Burton Blatt Institute that provides a free, anonymous online “professional to professional” peer support communication platform where professionals with psychosocial disabilities can give and receive support from their peers.
- [Mental Health America](#) maintains a free, online mental health group and discussion community. Discussion topics include mental health concerns, support for family and friends, and coping with mental health stigma.
- [Schizophrenia & Psychosis Action Alliance \(SARDAA\)](#) offers conference call support groups for individuals and family & friends.
- [Support Group Central](#) is a directory of free or low-cost virtual support groups on various mental health topics.
- [supportgroups.com](#) maintains a website featuring 200+ online support groups; registration is required to access group details.
- [Smart Recovery](#) provides free, peer-led support groups, message board and chat forums. Conversations are moderated to prevent discrimination or aggression.

- [The Tribe Wellness Community](#) has free, online peer support groups, forums and chat rooms offering members a safe place to connect about mental health challenges related to addiction, anxiety, depression, OCD, and a dedicated group for teens.

Provided by NAMI. NAMI does not endorse, recommend, or sponsor any of the groups or organizations listed.