



Mental Health Association in Delaware

SUPPORT GROUPS 2014

PLEASE CALL TO REGISTER. 302-654-6833 IN NEW CASTLE COUNTY

OR IN KENT OR SUSSEX 800-287-6423

To maintain the privacy of our members, MHA does not publish support group locations; locations are provided with registration. Support groups sponsored by MHA are not intended to replace professional mental health treatment.

For help with...	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Depression <i>(Depression support groups are peer-led groups for individuals experiencing or who have experienced Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, or Dysthymia)</i></p>	<p>Newark (7:00-9:00 pm)</p> <p>Dover (7:00-8:30 pm)</p>		<p>Wilmington (10:00-11:30am)</p> <p>Pike Creek (7:00-8:30PM)</p> <p>Seaford (6:00 – 7:30 pm)</p>	<p>Wilmington (for Women) (12:00-1:30 pm)</p> <p>Milford (6:00-7:30pm)</p>	
<p>Anxiety <i>(Anxiety support groups are peer-led groups for individuals experiencing or who have experienced Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, and/or specific phobias. The groups use a self-help book on anxiety disorders for discussion during each meeting)</i></p>			<p>Newark (2nd & 4th Weds.) (6:30 – 8:00 pm)</p>		
<p>Survivors of Suicide (SOS) for Grief & Healing <i>(SOS support groups are peer-led groups for individuals who have lost a loved one or friend to suicide. These groups provide insight and comfort to individuals dealing with the trauma and tragedy of a loss to suicide)</i></p>	<p>Wilmington (1st, 3rd & 5th Mon.) (7:00-8:30pm)</p>	<p>Millsboro (2nd Tues.) (7:30-9:00 pm)</p>	<p>Milford (6:00-7:30pm)</p>	<p>Newark (7-8 pm)</p>	
<p>Survivors of Accidents and Murders (SAM) <i>(SAM support groups are professionally run groups for family and friends of people whose deaths were sudden and/or violent)</i></p>	<p>Milford (2nd Mon.) (7:00-8:30 pm)</p>	<p>Wilmington (3rd Tue.) (7:00-9:00 pm)</p>			
<p>Double Trouble in Recovery <i>(DTR is the only evidence-based peer support group created for those with co-occurring disorder. DTR offer a forum for people who have a substance use disorder as well as mental illness to address the challenges and issues specific to them in an understanding, inclusive atmosphere)</i></p>	<p>Georgetown (6pm-7:30pm) Thresholds 20505 DuPont Blvd Georgetown, DE 19947</p>	<p>Wilmington (7-8pm) Rise Building 2814 Lancaster Ave Wilmington, DE 19805</p> <p>Milford (6pm to 7:30pm) Thresholds 907 N DuPont Blvd, Milford, DE 19963</p>			<p>New Castle (7-8pm) New Castle United Methodist Church 510 Delaware St. New Castle, DE 19720</p>