



Columbus Support Groups

(sponsored by various agencies and organizations)

BIPOLAR DISORDER

Bipolar Bears

Every Wednesday: 6:30 p.m.

PEER Center

1221 East Broad St.

614-251-7829

Bipolar Anonymous

Every Thursday: 7 p.m.

Maple Grove United Methodist Church,

7 W. Henderson Road.

614-895-1002

Depression & Bipolar Support Alliance (patients, family members and friends are also welcome)

2nd and 4th Tuesday of every month: 7 p.m.

Meadow Park Church of God

2425 Bethel Rd. (Near Carriage Place Shopping Center and next door to Graters Ice Cream)

2nd Tuesday is Support Grp; 4th Tues Educ'l Mtg

Call 614-654-4823

SCHIZOPHRENICS ANONYMOUS

(Sponsored by Mental Health America of Franklin County, Concord Counseling, North Community Counseling, Southeast, Inc., and Columbus Area, Inc.)

- **North every Monday, 5:30-7pm**
Worthington Methodist Church, 600 N. High St.
Jenna Jagger, **614-846-2588, ext. 2214**
- **East every Wednesday, 2:30-3:30 pm**
Pathway Clubhouse, 1203 E. Broad St
Mike Stalego, 614-251-7820
- **Central every Friday, 1-2pm**
Southeast, Inc., 16 W. Long St., 2nd Floor
Bonnie Baker, 614-225-0990, ext. 1116
- **Northeast every Wednesday, 5-6pm**
Concord Counseling, 774 Park Meadow Road
Sarah Filanowski, 614-882-9338, ext. 233.

Depression Support Group

(Mental Health America of Franklin County)

1st and 3rd Mondays: 7-8:30 p.m.

Overbrook Presbyterian Church

4131 N. High St.

614-221-1441 (MHAFC)

Post Partum Depression Support

614-315-8989

VARIOUS ILLNESSES

Issues of Anger, Forgiveness and Trust

3rd and 4th Thursdays: 2-4 p.m.

Partners in Active Living through Socialization

162 W. 5th Ave.

614-298-0974

Emotions Anonymous – For people seeking emotional wellness

- Meadow Park Church of God - 2425 Bethel Rd.
(Between Sawmill Rd and Dierker Rd. near Carriage Place Shopping Ctr., next door to Graters Ice Cream)
• **Every Tuesday: 7-8 p.m.**
- North Community Lutheran Church
114 Morse Road
(1-1/2 blocks east of High Street)
614-470-0397 or 614-888-1955
• **Saturday: 4-5 p.m.**
• **Sunday: 7-8:30 p.m.**

Recovery, Inc.

(Techniques on how to manage life)

Every Monday: 7:30 p.m.

St. John's (Educational Bldg - High St. and Dublin-Granville Rd)

700 North High St., Worthington

Mary 614-268-7764



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FAMILY SUPPORT GROUPS

(Sponsored by Mental Health America of Franklin County)

Families in Touch

(Mental Health America of Franklin County)

- **Westerville 2nd and 4th Thursdays 10am-12**
Concord Counseling Service
774 Park Meadow Rd.
Jennifer Sheets, **614-882-9338, ext. 235.**
- **Worthington 2nd and 4th Mondays; 5:30-7pm**
Worthington United Methodist Church, 600 N. High St., Room 300
Tammy Barber, **614-846-2588, ext. 2224.**
- **West Side once a month; 1:30-3pm**
Hilltop Library, 511 Hague Ave.
Carolyn Shimp, **614-752-0333, ext. 5703.**
- **North Side 2nd and 4th Tuesday 6-7:30pm for families of teens/young people**
Family Focus, 40 Spruce St.
Don Schmidt, **614-299-6600, ext. 3614.**

Twin Valley Behav. Health Family Group

2nd Tuesday of every month: 5:30 – 7 p.m.
2200 West Broad St., Assembly Room
Doris Toland, **614-752-0333, ext. 5170**

VA Families in Touch – Vets & Families

1st and 3rd Wednesday 1-3 p.m.
Dept. of Veteran Affairs Outpatient Clinic,
543 Taylor Ave.
Georgeann McCrary, **614-257-5334**

PARENT SUPPORT GROUPS (of Children with Mental Illness)

ADHD Parent Support Group

Gay Cappellette **486-8192**
Brenda Brienza **442-0882**

OTHER IMPORTANT NUMBERS

Suicide Prevention Hotline

614-221-5445

Teen/Adolescent Assessment Program –

NETCARE (Teens w/ Alcohol/Drug Abuse)
614-278-0178 or 614-274-9500

Telephone Support for Patients

(non-crisis) 614-421-3180

WARM LINE 10 pm – 2 am, 7 days a week
358-8255

Ohio Dept. of Mental Health

Sandra Stephenson, Director
30 E. Broad St., 8th Fl., Col., OH 43215
614-466-2596

Web: www.mh.state.oh.us

State Mental Health Rep. for Children and Youth

Kay Rietz, Assistant Deputy Director
Office of Children's Services and Prevention
Ohio Department of Mental Health
30 E. Broad St., 8th Fl., Col., OH 43215
614-466-1984

rietzk@mh.state.oh.us | www.mh.state.oh.us

Federation of Families for Children's Mental Health of Central Ohio

614-895-3706