FRIENDS IN HOPE
Hoots Memorial Hospital
624 W. Main Street
Yadkinville, NC 27055

In 2016, Friends in Hope, was founded by Fran Kiger, who is also the meeting facilitator. It is a confidential, free peer support group for individuals, 18 years and older, who struggle with depression or related mental health challenges.

Meeting Information:

Date: 2nd Tuesday of each month
Time: 10:30am-noon
Contact : Fran Kiger, RN, CPSS
Phone: 336-782-4266 **Email:** fkiger68@gmail.com

Due to Covid-19, meetings are on hold. However, Fran is available for individual support .

U.S. Department of Veterans Affairs

Almost any mental health issue a veteran can experience can be addressed through VA support groups and services. Veterans seeking help can begin by calling and speaking with a social worker.

W.G. (Bill) Hefner Salisbury VA Medical Center, 800-469-8262, ext.13699

REFERRALS MAY BE MADE TO SUPPORT GROUPS AND SERVICES IN GREENSBORO AND KERNERSVILLE.

NCSERVES offers veterans assistance in multiple areas including Mental and Behavioral Health.
866-249-6656, ext. 7 | www.NCserves.org

THE SERVANT CENTER offers assistance through housing, healthcare and restorative services.
336-275-8585 | www.theservantcenter.org

Jon Carroll

Local veterans seeking individual support may also contact Jon Carroll. He is a retired USMC Sergeant certified in Emotional C.P.R. and is also a Certified Veteran Peer Support Specialist.
Cell: 336-934-1263 **Email:** joncarroll1@gmail.com

If you nearing or in a crisis, caring, qualified responders can be reached at:

Veterans Crisis Line
1-800-273-8255 PRESS 1

Text 838255 **www.veteranscrisisline.net**

FOR MEETING UPDATES AND CURRENT INFORMATION: Consult a support group's website or contact person.

PIEDMONT TRIAD

MENTAL WELLNESS PEER SUPPORT GROUPS

Glenda Smith

Wendy Gordy

This brochure provides information on mental wellness peer support groups, as well as other tools that may be helpful.

It is our sincere hope that finding a support group that best fits your needs will provide help and healing on your journey of recovery.

If you or anyone you know is nearing or in a CRISIS, HELP and HOPE are here:

The National Suicide Prevention Lifeline
800-273-TALK (8255) or Text: HELP 741-741

Or **call 9-1-1**

For support facing hardships in life, visit:
www.findhelp.org

Original Printing: May 2021 - Revised: September 2021

DBSA
Depression and Bipolar Support Alliance
We've Been There. We Can Help.

Novant Behavioral Health Outpatient Services
175 Kimel Park Drive, Suite 100
Winston-Salem, NC 27103

The DBSA's mission is to provide hope, help, support, and education to improve the lives of people with mood disorders.

The local chapter of DBSA, Winston-Salem, NC, began in 2003. DBSA offers free weekly peer-run support groups for individuals 18 and older who are living with a mood disorder. Family, friends, and caregivers are welcome to attend meetings.

Due to Covid-19, meeting are being held virtually through Zoom.

Local Meeting Information:

Date: Every Thursday
Time: 6-7:30pm
Contact: Mary Potter
Phone: 336-945-4894
Email: rcmp03@triad.rr.com

NATIONAL WEBSITE:
www.dbsalliance.org

NATIONAL ONLINE SUPPORT GROUPS

• General • Friends and Family • Dual Diagnosis • Military Veterans • Female Minority Veterans Young Adults • Black Community Mental Health

Our website also provides education, newsletters, resources for children and adults, tools, inspiring stories, and more.

DBSA's Balanced Mind Parent Network (BMPN)

BMPN is an online family-focused community created to guide parents of children with mood disorders to the answers, support, and stability they seek. There is 24/7 access to information and support by visiting:
www.community.dbsalliance.org

FOR MEETING UPDATES AND CURRENT INFORMATION: Consult a support group's website or contact person.

NAMI North Carolina
National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization. NAMI Connection Recovery Support Groups are intended for adults living with mental illness and are led by trained facilitators living in recovery. Fourteen of NAMI NC's 24 affiliates are currently holding meetings, mostly virtual.

HAVE QUESTIONS? NEED HELP?
Take comfort knowing NAMI NC is here for you.

NAMI NC Helpline Mon-Fri 8:30-5pm
Call: 800-451-9682 Text: 919-999-6527
Email: helpline@naminc.org
Website: www.naminc.org

FOLLOW US:
@NAMINorthCarolina

AFFILIATE NAME, MEETING DAY/ TIME * SPECIALIZED SUPPORT GROUP OFFERED
NW PIEDMONT NC- 3rd Wednesday 5:30PM (WINSTON-SALEM, NC) **CONTACT: Louise Whealton** **336-744-0370 lwhealton@gmail.com**
LAKE NORMAN/ IREDELL- 3rd Monday 6:30PM
UNION COUNTY- Mondays at 7:30PM
DURHAM- 2nd & 4th Tuesdays 7:30PM **STRESS & ANXIETY FOR MINORITIES- TUES 7PM*
CABARRUS- 1st Tuesday 7PM
ROWAN- (COMING SOON) 1st & 3rd Tuesdays 6PM
WILMINGTON- Wednesdays at 3:30PM
CHARLOTTE- 3rd Wednesday 6:30PM
ORANGE- 1st & 3rd Wednesdays 6:30PM
WAKE- Wednesdays at 7PM ** LGBT+ FOR YOUNG ADULTS- 1ST SUN & 2ND TUES 6PM* **STRESS,ANXIETY,DEPRESSION (PEERS /FAMILY) MON 6PM*
CUMBERLAND, HARNETT, & LEE- 4th Thurs 4PM
HIGH COUNTRY- 1st Thursday 4:30PM
WESTERN CAROLINA- Every other Saturday 10AM
SOUTH MOUNTAINS 2nd & 4th Saturdays 2:30PM **VETERANS ONLY- EVERY OTHER MONDAY AT 7PM)* ***Email** jdwidener@outlook.com **to register.***

FOR MEETING UPDATES AND CURRENT INFORMATION: Consult a support group's website or contact person.

Emotions Anonymous®

"Just for Today
The Choice Is Mine"

Internationally affiliated Emotions Anonymous is a Twelve-Step program of recovery. EA support groups are intended for individuals with emotional difficulties striving to live more manageable lives. EA is a spiritual, not a religious, program. Meetings stress self-worth, self-knowledge and self-care.

There are approximately 300 EA meetings across the United States. Currently virtual meetings are being held nationally and internationally. Anyone is invited to attend. Some of the support groups will still meet remotely after face-to-face meetings resume.

At this time, U.S. virtual meetings include

zoom

Sunday 9-10 a.m. (PT)
Monday 12 p.m. (CT)
Thursday 7:30 p.m. (ET)
Thursday 8 p.m. (ET)
Thursday 7 p.m. (ET) LGBTQ+

The national website can be used to access virtual meetings and has numerous resources, including meditations and an audio library.

www.emotionsanonymous.org

For current information about Emotions Anonymous meetings in the Triad, please see TriadEA.org.

Email: TriadEA@email.com

For general information about EA, visit EmotionsAnonymous.org or phone 651-647-9712 (M-Th 10-3 CT).

Call for local meeting information.

Past locations for pre-COVID in-person meetings have included Winston-Salem, Greensboro and High Point.

TriadEA@email.com or www.triadea.org

FOR MEETING UPDATES AND CURRENT INFORMATION:
Consult a support group's website or contact person.

GreenTree Peer Center

930 South Broad St.
Winston-Salem, NC 27103
Trans-Aid & Bus Accessible: #85

"HOPE Grows Here"

GreenTree Support Program and Peer Center was founded in 2012. GreenTree is a peer-operated wellness center for people whose lives have been impacted by trauma, mental health and/or substance use challenges. GreenTree offers a self-help and mutual support community for people who are seeking to improve their lives.

Meetings are held in a safe, non-judgmental, non-sectarian gathering place. Community partners and supportive friends are also part of GreenTree's community.

GreenTree offers wellness education, peer led mutual support, self-help groups and social check-ins.

PAST ACTIVITIES HAVE INCLUDED:

Yoga and Meditation
Positivity
WRAP (Wellness Recovery Action Plan)
Personal Finance
Writers' Group and Advocacy

Contact: Laurie Coker, founder and director
Email: lcokernc@gmail.com
Phone: 336-577-3743
Hours of Operation: Monday-Friday 1-5pm
(Hours may be increased, check in advance)
Weekly Schedules: Online groups and activities are available on both our website and Facebook page.
Website: www.greentreepeersupport.org
Follow us on Facebook: @greentreepeercenterws

"GreenTree has helped me through many struggles and has been there to support me through the worst times in my life and encouraged me to move forward with support. It is, like, my go-to place where I can take off my "mask" that the "world" sees and I can just be myself and this is O.K.!!!!"
T.C. - GreenTree Participant

FOR MEETING UPDATES AND CURRENT INFORMATION:
Consult a support group's website or contact person.

Mental Health Association in Forsyth County

1509 S. Hawthorne Road
Winston-Salem, NC 27103

An affiliate of MHA Mental Health America

The Mental Health Association in Forsyth County is the community connector, educator and resource navigator for mental health care.

Contact: Andy Hagler, Director
Phone: 336-768-3880
Email: andy@triadmentalhealth.org
Website: www.triadmentalhealth.org
Follow us on Facebook: @triadmentalhealth

Due to the COVID-19, most support groups are offered online, by telephone or by video. To register, call Tues.-Thurs. before 5 pm.

SUPPORT GROUPS OFFERED

Anxiety Disorders
Thursdays online from 7-8:30 pm
For adults with any anxiety disorder such as generalized anxiety, PTSD, obsessive-compulsive disorder, or any other anxiety disorder.

Thrive Young Adult
Tuesdays online 7-8:30 pm
For ages 18-30, with any mental health issue.

Schizophrenia/Schizo-Affective Disorder
2nd & 4th Thursdays 2:30-4pm
In-person meetings to resume Spring 2021.
For adults with psychotic disorders.

Tides Mood Disorders
Tuesdays online from 7-8:30 pm
For adults with clinical depression, bipolar disorder, or other mood disorder.

Friday Morning
Fridays online from 10:30 am- 12 noon.
For adults with any mental health issue.

"Tides support group was my safety net, a place where I could speak openly and never felt judged. Participation greatly contributed to my wellness."
S.W.- MHA Participant

FOR MEETING UPDATES AND CURRENT INFORMATION:
Consult a support group's website or contact person.

First Presbyterian Church

300 North Cherry Street Winston-Salem, NC

The Mental Health Support Group Ministry was formed by Bob Mills in 2001. Meetings take place in a non-judgmental, non-sectarian setting. Children in 6th grade and older may attend if accompanied by a loved one. Facilitators are also available, outside of meetings, for individual support.

Due to Covid-19, a combined meeting of individuals and loved ones is being held every other Monday at 7:30pm through Zoom.

Meeting Information:

Date: Every other Monday
Time: 6:30pm for loved ones, 8pm for individuals
Contact: Bob Mills **Phone**: 336-414-1466
Email: millsrd@wfu.edu

"Support group was the welcoming safe haven I needed during the confusing time of figuring out my diagnosis. It was the supportive family I often needed for guidance and acceptance. It connected me to many resources within our community that led me to wellness"
S. B. - First Pres participant

Grace-Filled Resilience

Concord United Methodist Church
8955 Concord Church Rd.
Lewisville, NC 27023

Formed in August 2020, Grace-Filled Resilience is a Christian support group led by Matt and Teresa Reece. It was created to support family, friends and individuals experiencing mental health challenges. Minors are welcome if accompanied by an adult. Meetings include a devotion and prayer. Participants connect with others through sharing and caring.

Meeting Information:

Date & Time: 2nd or 3rd Sunday monthly; 3-4 p.m.
Contacts: Matt or Teresa Reece - 336-830-0164
Email: grace.filled.resilence@gmail.com
(Meeting dates are emailed monthly.)

FOR MEETING UPDATES AND CURRENT INFORMATION:
Consult a support group's website or contact person.