



Depression & Bipolar Support Groups

Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Groups at Jefferson Center

Jefferson Center for Mental Health

303-425-0300

Various locations throughout Jefferson County

<http://www.jcmh.org>

- Outpatient Groups
 - Offers a wide range of support groups for clients of Jefferson Center.
 - Contact Navigation for information about current groups.
- Wellness Classes & Coaching
 - Offers an array of classes to support general wellness, including meditation, stress management, yoga, strategies for depression, and taming depression and anxiety.
 - Most classes are open to community members.
 - Fees: usually \$5, \$10, or free for Medicaid members
 - For more information visit <https://www.jcmh.org/wellness/>

Groups in the Community

Helen and Arthur E. Johnson Depression Center – University of Colorado Anschutz Medical Campus

303-724-4975

131199 E Montview Blvd, Suite 330, MS F550, Aurora, CO 80045

<https://www.coloradodepressioncenter.org/>

- Call or visit the website for current group information.

Peer Support

Depression and Bipolar Support Alliances (DBSA)

1-800-826-3632

www.dbsalliance.org

- Provides hope, support, and education to improve lives of people who have mood disorders.
- DBSA chapters are independent, local affiliates of the Depression and Bipolar Support Alliance.
 - Please note, DBSA chapters are volunteer-run and many of the numbers listed are personal phone numbers. Please be considerate of the time of day you are calling.

Meetup.com - Depression and Bipolar Support Groups

<https://www.meetup.com/topics/depression-support-group/us/co/denver/>

- Community based, peer groups for anyone interested in attending.
- Peer support groups are based on individuals starting common experiences or struggles with others with the goal of supporting one another.

Contents:

There are several free groups in our community that **provide education and support** to individuals experiencing mental illness.

Our resources have been organized into the following categories:

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If looking for online support, please ask Navigation for an additional list of mental health chats, apps and websites.

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NAMI Connection

303-321-3104 or 1-800-273-8255

<http://www.namicolorado.org/> (NAMI Colorado)

<http://www.namijeffco.org/> (NAMI Jefferson County)

- The NAMI Connection Recovery Support Group Program is a peer-based, mutual support group program for any adult living with a mental illness.
- Call or visit the website for current group information

Rocky Mountain Crisis Partners – Peer Support Line

1-844-493-8255

<http://www.metrocrisiservices.org>

- Offers free, confidential, strengths-based support by trained peer specialists or clinicians, year-round.
- To access the Support Line, call the main Crisis Line and follow prompts to connect with a Peer Specialist during day/evening hours.

Crisis Support

Rocky Mountain Crisis Partners

1-844-493-8255

<http://www.metrocrisiservices.org>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- Call any time, day, or night, to connect with one-on-one support with professional counselors or peer specialists.
- The crisis line offers translation services for non-English speakers, immediate problem-solving support, and follow up calls for continued care.

Support for Parents, Family Members, and Partners

The Balanced Mind Parent Network

800-826-3632

<http://www.thebalancedmind.org/>

- Offers online support for parents and guardians of children living with mood disorders.

Parent to Parent of Colorado/Empower Colorado (A program of Ability Connection Colorado)

877-472-7201

<https://www.abilityconnectioncolorado.org/p2p-co/>

- A network of ongoing support for families with children with disabilities or special health care needs
 - Online Parent Support Groups provide parent only discussion, support, and information for sharing
 - One-on-one Connection to a trained Support Parent
 - Access to Member Only Resources through our website
 - Referral to Parent Support Groups throughout Colorado

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NAMI Family Support Groups

303-321-3104 or 1-800-273-8255

<http://www.namicolorado.org/>

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care
- All NAMI Colorado Family Support groups are Free, drop-in support groups, meaning you just show up. No registration needed!
- To find a meeting near you, visit: <https://namicolorado.org/support-education/family-support-groups/> or <https://namicolorado.org/support-education/virtual-family-support-groups/>

Support through Volunteering

Project Helping

303-551-0624

www.projecthelping.org

- Offers volunteer opportunities to those who struggle with symptoms of depression, or other mental health issues.
- Based on the principle that “Volunteering creates purpose; Purpose creates joy; Joy improves mental health”.
- Must be able to work in a group setting with strangers.
- To sign up, visit their website and register for a volunteering event. You can also call the phone number listed if you don't have internet access.