



## **Support Groups Sponsored by The Mental Health Association in Forsyth County**

The Mental Health Association in Forsyth County -- a United Way partner agency -- sponsors an array of client and family support groups that are designed to help persons: share common experiences, exchange information, learn new information, develop appropriate coping skills and develop natural support systems. All support groups sponsored by The Mental Health Association in Forsyth County are FREE, confidential and led by trained facilitators. Below is a synopsis of our sponsored support groups:

### **ANXIETY DISORDERS SUPPORT GROUP**

Support group for adults with anxiety disorders such as: panic disorder, obsessive-compulsive disorder, posttraumatic stress and generalized anxiety. Meetings are held the second and fourth Thursdays at 7:00pm at The Mental Health Association, 1509 S. Hawthorne Road, Winston-Salem.

### **DUAL DIAGNOSIS SUPPORT GROUP**

Support group for adults with a dual diagnosis of mental illness and substance abuse or with any co-occurring addictive disorder. Meetings are held on the second and fourth Fridays at 10:30am at The Mental Health Association, 1509 S. Hawthorne Road, Winston-Salem.

### **EATING DISORDERS SUPPORT GROUP**

Support group for adults with eating disorders such as anorexia nervosa, bulimia nervosa or other associated eating disorders. Meetings are held on the first and third Mondays at 7:00pm at The Mental Health Association, 1509 S. Hawthorne Road, Winston-Salem.

### **SCHIZOPHRENIA/SCHIZO-AFFECTIVE DISORDERS SUPPORT GROUP**

Support group for adults with schizophrenia, schizoaffective disorder and other psychotic disorders. Meetings are held the second and fourth Thursdays at 2:30pm at The Mental Health Association, 1509 S. Hawthorne Road, Winston-Salem.

### **SPEAK OUT!**

Support group for teens, 13-17, with any mental health issue such as depression, anxiety, ADD/ADHD. Meetings are held the first, third and fifth Mondays of each month at 6:00pm at Best Health in Hanes Mall, Winston-Salem.

### **TIDES MOOD DISORDERS SUPPORT GROUP**

Support group for adults with mood disorders such as clinical depression, bi-polar disorder or any other mood disorder. Meetings are held the first and third Fridays at 10:30am and on the first and third Tuesdays at 7:00pm at The Mental Health Association, 1509 S. Hawthorne Road, Winston-Salem.

### **TRIAD FRIENDS AND FAMILY**

Support group for *families* who have loved ones with eating disorders such as Anorexia Nervosa and Bulimia Nervosa. Meetings are held the second Mondays at 7:00pm at The Mental Health Association, 1509 S. Hawthorne Road, Winston-Salem. *You can also contact Shirley Bailey at (336) 769-9780 or visit the website: [www.triadfriendsandfamily.org](http://www.triadfriendsandfamily.org) for details, additional information pertaining to this support group.*

**For more information, contact The Mental Health Association in Forsyth County at (336) 768-3880. You can visit the agency's website: [www.triadmentalhealth.org](http://www.triadmentalhealth.org) for additional information. Our address:**

**The Mental Health Association in Forsyth County, Inc.  
1509 S. Hawthorne Road; Winston-Salem, NC 27103**

