Overview

Health problems like asthma or heart disease and mental health problems like substance misuse or post-traumatic stress disorder (PTSD) have an emotional impact. The same is true for significant life events, like being a parent or caring for someone who has a chronic illness. Your life changes. You may need a shoulder to cry on or someone to talk to. You may need a ride to the doctor or a night out. You need support.

Support takes many forms. You can find support in seminars and groups led by professionals, in groups of others who have the same problem, and in your relationships with family and friends.

Feeling supported offers a comfort through difficult times. You may learn new ways to deal with your problem, cope with your emotional reactions and feel supported and not alone. Social support can play an important role in recovery.

Support groups and peer support

Self-help and support groups can be very helpful for some people. These groups usually consist of people with similar problems who meet to give support, practical advice, and encouragement to the people who participate in the group.

Self-help and support groups are different from counseling sessions. These groups may last for only a few sessions or they may be ongoing.

Self-help and support groups:

- Are run by members of the group. Group members help each other solve problems.
- Meet regularly, usually once a week. Some groups may meet only as needed.
- Can be attended by both the person who has the condition and his or her family and friends. Membership may vary. Talk with someone in the group before attending for the first time.
- Usually work best if all members participate. It is not always necessary to talk in the group, especially if it is your first time. Listening (and offering silent encouragement by smiling and paying attention) is also a way of taking part.

Joining a self-help or support group does not take the place of counseling. Some people who attend these groups also need to participate in regular counseling sessions with a health professional.

Self-help or support groups are not for everyone. Some people feel uncomfortable talking in a group. Attend a group meeting at least three times before you choose not to go back. Then you can make a better decision about whether taking part in a self-help or support group is good for you.

How to find a support group

Here are some ways to find support groups:

- Ask your doctor, counselor, or other health professional for suggestions.
- Ask your religious leader. You can contact churches, mosques, synagogues, or other religious groups.
- Ask your family and friends.
- Ask people who have the same condition.
- Contact a city, state, or national group for the condition. Your library, community center, or phone book may have a list of these groups.
- Search the Internet. Forums, email lists, and chat rooms let you read messages from others and leave your own messages. You can exchange stories, let off steam, and ask and answer questions. But these websites are often not monitored by professionals, so you may find inaccurate information. Informal internet forums are best used in conjunction with in person support.
Look for a support group that works for you. Ask yourself if you prefer structure and would like a group leader, or if you'd like a less formal group. Do you prefer face-to-face meetings, or do you feel more secure in Internet chat rooms or forums?

**Social Support**

Social support includes emotional support such as love, trust, and understanding, as well as advice and concrete help, such as help managing your time. Your family, friends, and community all can do this. They can make you feel cared about and feel good about yourself, and can give you hope.

You may get your social support from many people. You may play sports with one group of people, go to movies with another, and turn to family or friends to talk over problems.

You can look for support from:
- Your spouse or partner and your children.
- Your parents, brothers and sisters, aunts and uncles, cousins, grandparents, and anyone who is like family to you.
- Friends, coworkers, members of your religious and/or spiritual groups, neighbors, and classmates.
- Support groups, consumer drop-in centers, and online support groups.
- Doctors, therapists, nurses, and other professionals.

Ask yourself where you get your social support. You may receive the most support from relationships with family members or friends. Maybe you know someone who you'd like to know better. You can join a club, or find a group of people with the same interests you have.

**Improving Social Support**

Social contacts and supports do not come easily or naturally to many people. You may not currently have a good social support network. You may choose to avoid other people when you're going through a difficult time. This may be because:
- You may feel ashamed of having your problem and do not want to talk to anyone about it.
- Your condition may seem to be making others uncomfortable. For example, if you have PTSD and are often angry, people may avoid you for concern of upsetting you or seeing you upset.
- You may feel too sad to want to talk to people.
- You may have no family and few friends nearby.

If you can improve your social support, it can help you to deal with your condition. Here are some ways that you can make your social support network stronger:
- Know that social support is a two-way street. You count on your social network for support, but its members also count on you. Ask them about their families, jobs, and interests, and help them when you can.
- Know your friends’ limits. You don't have to see or call your friends every day. If you're going through a rough patch, ask friends if it's okay to contact them more frequently.
- Don't always forget to pause from talking about only your problems. Know when it's time to stop talking and listen or to just enjoy your friend's company.
- Be clear when communicating. Ask questions to be sure you know what people want and be clear in stating what you need. If you ask for something, be sure you make yourself understood. Listen to what your friends have to say, and don't judge them.
- Know that good friends can be bad friends. If your buddy keeps you drinking when you shouldn't be, you may want to end the friendship. A social network lifts you up. It shouldn't drag you down.

Author: Healthwise Staff

12/26/2018
Support Groups and Social Support Resource Guide

Medical Review: Adam Husney, MD - Family Medicine & Christine R. Maldonado, PhD - Behavioral Health & Kathleen Romito, MD - Family Medicine

Long Island
- Nassau
- Suffolk

New York City
- Bronx
- Kings (Brooklyn)
- New York (Manhattan)
- Queens
- Richmond (Staten Island)

Hudson Valley
- Dutchess
- Orange
- Putnam
- Rockland
- Sullivan
- Ulster
- Westchester

Central
- Broome
- Cayuga
- Chenango
- Cortland
- Herkimer
- Jefferson
- Lewis
- Madison
- Oneida
- Onondaga
- Oswego
- St. Lawrence
- Tioga
- Tompkins

Northeast
- Albany
- Clinton
- Columbia
- Delaware
- Essex
- Franklin
- Fulton
- Greene
- Hamilton
- Montgomery
- Otsego
- Rensselaer
- Saratoga
- Schenectady
- Schenectady
- Schoharie
- Warren
- Washington

Western
- Allegany
- Cattaraugus
- Chautauqua
- Chemung
- Erie
- Genesee
- Livingston
- Monroe
- Niagara
- Ontario
- Orleans
- Schuyler
- Seneca
- Steuben
- Wayne
- Wyoming
- Yates

12/26/2018
Region: Western New York

Mental Health Associates
Affiliates Website: https://mhanys.org/about-us/affiliates/
Support Groups: https://mhanys.org/support-groups/

County: Allegany

1. Allegany County Mental Health Association
   Address: 45 North Broad St Wellsville, NY 14895
   Telephone Number: 585-593-1991
   Website: none

2. 2-1-1 Get Connected. Get Answers.
   2-1-1 HELPLINE provides connections to services, programs, agencies and volunteer opportunities for Steuben, Chemung, Schuyler, Allegany and Yates Counties in New York State.

   Telephone number: Dial 2-1-1 or (800) 346-2211
   Website: http://www.211helpline.org/findanother211

County: Cattaraugus

1. Cattaraugus County Addiction Helpline
   If you or someone you love is struggling with opioid or heroin addiction, there is help. Recovery is possible. Call the Cattaraugus County Addiction Helpline to learn how to take the first steps toward recovery. Your call is always confidential. The helpline is available Monday, Wednesday, Thursday and Friday from 8 – 5 and Tuesday from 10 – 7. After hours call 1-800-339-5209.
   Hotline Number: 1-866-851-5033 – Contact Person Chelsea

   For listings of treatment services, peer outreach programs, support groups and other resources near Cattaraugus County, NY, please go to website below:

   Website: http://www.recoveryincattco.org/treatment-and-recovery-resources.html

2. P2 (Pursuing Perfection) Collaborative of WNY
   Not-for-profit organization dedicated to improving the health of the people of Western New York. To help put the community on the road to health and wellness, P2 will focus on educating/motivating WNYers to make lifestyle changes to prevent illness and if ill, to help them become well again; ensuring that the community understands that they are partners in their health care, that there are guidelines based on expert opinions that they and their providers can use together to manage care; and ensuring that the community has access to health care and when ill, receive the most effective and up to date care. P2 Collaborative is committed to good health of the WNY community. P2’s mission does not exclude itself to

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particular groups or concerns but rather takes a global approach to health and health care issues in the community. P2’s power as a change agent in this area comes from its ability to work with community groups and networks of groups to identify and promote healthy lifestyles. Goals include working with physicians and organizations to enhance access to care and improve efficiency of care; empower the WNY community to take responsibility for and act on their own wellness; facilitate the development of a community-wide standard for the promotion of wellness that will more clearly identify the results the community seeks to achieve; and initiate dialogue with government leadership to promote policy change if needed.

Address: 6225 Sheridan Drive, Suite 206 Williamsville, NY 14221
Telephone number: (716) 725-4562
Website: https://www.pophealthwny.org/

3. Cornell Cooperative Extension Cattaraugus County

The Southern Tier Wellness Partnership is made up of Health Educators and community members from Allegany, Cattaraugus, Chautauqua and southern Erie counties. The mission of the STWP is to provide information, education, and services to communities in the previously mentioned counties that deal with Diabetes, Heart Disease, Obesity and Cancer issues. The Partnership provides resources and support to change the environment and policies that have become barriers for our citizens to lead a healthy lifestyle. The Partnership works to provide education to all facets of our communities and provide opportunities for our citizens to become more physically active and to be able to obtain healthier foods. Through these efforts, STWP hopes to help decrease the incidence of chronic diseases in the southern tier area.

Address: Cornell Cooperative Extension, 28 Parkside Drive Ellicottville, NY 14731
Telephone number: (716) 699-2377
Website: http://cattaraugus.cce.cornell.edu/

County: Chautauqua

1. Mental Health Association of Chautauqua County
An agency of support, education and advocacy for mental health issues.

Address: 31 Water St Ste 7 Door 14 - Jamestown, NY 14701-6975
Telephone number: 716-661-9044
Website: www.mhachautauquamha.org

2. HOPE Chautauqua
Find help for alcoholism, drug abuse, problem gambling. A list of Chautauqua County Substance Abuse Help Resources

Telephone number: 1-877-846-7369
Website: http://www.mhachautauqua.org/resources

County: Chemung

1. 2-1-1 Get Connected. Get Answers.

12/26/2018
2-1-1 HELPLINE provides connections to services, programs, agencies and volunteer opportunities for Steuben, Chemung, Schuyler, Allegany and Yates Counties in New York State.

Telephone number: Dial 2-1-1 or (800) 346-2211
Website: [http://www.211helpline.org/findanother211](http://www.211helpline.org/findanother211)

2. Network of Care
   Find nonprofits, self-help, professional organizations, and more for mental health.


3. Arounja for Chemung County
   Search for resources around where you live, work, and play.

   Website: [http://chemungny.arounja.org/](http://chemungny.arounja.org/)

County: Erie

1. Mental Health Association of Erie County
   An agency of support, education and advocacy for mental health issues.

   Address: 999 Delaware Ave Buffalo, NY 14209
   Telephone Number: 716-886-1242
   Website: [www.eriemha.org](http://www.eriemha.org)

County: Genesee

1. Mental Health Association of Genesee & Orleans Counties
   An agency of support, education and advocacy for mental health issues.

   Address: 243 South Main St, Ste 190 Albion, NY 14411
   Telephone Number: 585-589-1158
   Website: [www.mhago.org](http://www.mhago.org)

2. Safe Harbor Behavioral Health
   Specialized services for adults with mental health diagnoses, including peer specialist services. Services focus on the principles of recovery and are delivered by trained individuals who are self-identified as current or former consumers of behavioral health services.

   Address: 1330 West 26th Street Erie, PA 16508
   Telephone number: 814-459-9300, or 1-800-300-9558
   Website: [https://www.shbh.org/](https://www.shbh.org/)

3. Erie County Mental Health: Self-Help Group Directory [PDF]
   Nationally, Self-Help is being recognized as an important and integral part of the recovery program for consumers of mental health services. There is a growing acceptance and support among the mental...
health system and professionals regarding the value and need of peer run self-help groups for consumers. This is a direct result of consumer’s representation, participation and perspectives within the mental health system. Simply stated, self-help group participation empowers consumers and embraces the concept of active participation in all facets of a consumer’s recovery.


4. Stairways Behavioral Health
Specialized services for adults with mental health diagnoses, including peer specialist services. Services focus on the principles of recovery and are delivered by trained individuals who are self-identified as current or former consumers of behavioral health services.

Address: 2185 West 8th Street Erie, PA 16505
Telephone number: 814-453-5806
Website: www.stairwaysbh.org

County: Genesee

1. Mental Health Association of Genesee & Orleans Counties
An agency of support, education and advocacy for mental health issues.

Address: 243 South Main St. Ste 190 Albion, NY 14411
Telephone Number: 585-589-1158
Website: www.mhago.org

County: Livingston

1. 2-1-1/Lifeline
Connecting people with services in the Finger Lakes Region 24/7.

Telephone number: Dial 2-1-1 or 1-877-356-9211
Website: https://211lifeline.org/

2. Genesee Valley Health Partnership: Help Source Directory
Find the help you need in Livingston County

Website: http://www.gvhp.org/helpsource.html

County: Monroe

1. Mental Health Association of Rochester/Monroe County, Inc.
An agency of support, education and advocacy for mental health issues.
Support Groups and Social Support Resource Guide

Address: 320 North Goodman St Ste 202 Rochester, NY 14607-1186
Telephone Number: 585-325-3145
Website: www.mharochester.org

2. Catholic Family Service of Rochester
Support groups for variety of topics. Fees: sliding scale, accept Medicaid.

Address: 87 N. Clinton Avenue Rochester, NY 14604
Telephone number: (585) 232-1840
Website: www.cfcrochester.org

3. Action for a Better Community – New Directions
An array of services provided; including, Chemical Evaluations, Individual Counseling, Mini-Mental Health Assessments, Group Counseling in English and Spanish, Relapse Prevention, Women’s and Men’s Groups, Specialized Services, Work Readiness Assessments, Recovery Care Management Services, Education Workshops and Presentations, DWI Referrals Accepted, Harm Reduction Group, Support Groups.

Mailing Address: 550 East Main St. Rochester, NY 14604
Actual Address: 1732 South Avenue Rochester, NY 14604
Telephone number: (585) 325-5116 ext. 3200
Website: www.abcinfo.org

4. JL Norris Alcohol Treatment Center
Various treatment programs; support and self-help programs on site, including AA and Narcotics Anonymous; programs for families of alcoholics. Fees: none.

Address: 111 Elmwood Avenue Rochester, NY 14620 (585)461-0410
Telephone number: (585)461-0410
Website: www.oasas.ny.gov/atc/norris

5. Alcoholics Anonymous

Address: 1000 Elmwood Avenue, Greenhouse Rochester, NY 14620
Telephone: (585) 232-6720
Website: www.rochester-ny-aa.org

County: Niagara

1. Mental Health Association in Niagara County
An agency of support, education and advocacy for mental health issues.

Address: 36 Pine St Lockport, NY 14094
Telephone Number: 716-433-3780
Website: www.mhanc.com

12/26/2018
County: Ontario

1. Ontario County Public Health: Ontario County Resource Guide
   In this guide, telephone directory, housing and shelter assistance, domestic violence assistance, food
   pantries, health navigators, infant supplies, child and family outreach, community agency referral forms,
   and self-help and support groups are listed in Ontario County.

   Address: 20 Ontario Street Canandaigua, NY 14424
   Telephone number: 1-800-299-2995
   Website: https://www.co.ontario.ny.us/DocumentCenter/View/13650/2018-Final-Ontario-County-
   Resource-Guide-Updatable?bidId

County: Orleans

1. Mental Health Association of Genesee & Orleans Counties
   An agency of support, education and advocacy for mental health issues.

   Address: 243 South Main St, Ste 190 Albion, NY 14411
   Telephone Number: 585-589-1158
   Website: www.mhago.org

County: Seneca

1. SENECA County Mental Health Services
   Provides advocacy/support services.

   Address: 31 Thurber Drive Waterloo, NY 13165
   Telephone number: (315) 539-1980

County: Schuyler

1. Schuyler County Mental Health Association
   An agency of support, education and advocacy for mental health issues.

   Address: 106 South Perry St, Ste 4 Watkins Glen, NY 14891
   Telephone Number: 607-535-8288
   Website: https://www.schuylercounty.us/149/Mental-Health-Services

2. 2-1-1 Get Connected. Get Answers.
   2-1-1 HELPLINE provides connections to services, programs, agencies and volunteer opportunities for
   Steuben, Chemung, Schuyler, Allegany and Yates Counties in New York State.

   Telephone number: Dial 2-1-1 or (800) 346-2211
   Website: http://www.211helpline.org/findanother211
County: Steuben

1. 2-1-1 Get Connected. Get Answers.  
   2-1-1 HELPLINE provides connections to services, programs, agencies and volunteer opportunities for Steuben, Chemung, Schuyler, Allegany and Yates Counties in New York State.  
   
   Telephone number: Dial 2-1-1 or (800) 346-2211  
   Website: [http://www.211helpline.org/findanother211](http://www.211helpline.org/findanother211)

County: Wayne

1. The Community Resource Guide  
   Linking people and resources in Wayne County, Support Groups.  
   
   Website: [https://www.williamsoncentral.org/domain/76](https://www.williamsoncentral.org/domain/76)

2. Wayne Behavioral Health Network  
   Provides a safe, confidential setting where people can seek assistance with social, emotional, behavioral and family issues. WBHN offers hope and supports recovery for persons with serious mental illness, for individuals battling depression and anxiety disorders, and for kids with behavioral health challenges.  
   
   Address: 1519 Nye Road Lyons, NY 14489  
   Telephone number: (315) 946-5722  
   Website: [http://web.co.wayne.ny.us/wbhn/](http://web.co.wayne.ny.us/wbhn/)

County: Wyoming

1. Mental Health Association of Wyoming County  
   Service for individuals who have experienced mental illness, including, personalized assistance, Circle of Friends Drop-In Center, Warmline-Peer Support, transportation, and pre-employment.  
   
   Address: 27 West Buffalo Street 3 Warsaw, New York 14569  
   Telephone number: (585) 325-3145  
   Website: [https://www.mharochester.org/directory/](https://www.mharochester.org/directory/)

County: Yates

1. 2-1-1 Get Connected. Get Answers.  
   2-1-1 HELPLINE provides connections to services, programs, agencies and volunteer opportunities for Steuben, Chemung, Schuyler, Allegany and Yates Counties in New York State.  
   
   Telephone number: Dial 2-1-1 or (800) 346-2211  
   Website: [http://www.211helpline.org/findanother211](http://www.211helpline.org/findanother211)

12/26/2018
Region: Central New York

County: Broome

1. Broome County Mental Health Department: Self-Help Resources
   Responsible for planning, developing, and evaluating mental hygiene services in Broome County. Services include alcoholism and substance use services, mental health programs, and services for persons with developmental disabilities.

   Address: 36-42 Main Street Binghamton, NY 13905
   Telephone number: SPOA Coordinator for Adults, (607) 778-1119
   Website: http://www.gobroomecounty.com/BOAC/Self-Help

2. Broome County Mental Health and Wellness Resource Guide
   The Broome County Mental Health and Wellness Resource Guide contains local resources for community members and providers seeking help and needing assistance in locating the appropriate services to better manage and cope with mental health and wellness.


3. Broome County Community Substance Use Services Resource Guide
   The Broome County Substance Use Services Resource Guide contains local resources for community members and providers seeking help and needing assistance in locating the appropriate services to better manage and cope with mental health and substance use disorders.


County: Cayuga

   The mission of Community Action Agency, Inc. is to respectfully assist people to achieve and sustain self-sufficiency through direct services, education and community partnerships.

   Address: 89 York Street Auburn, NY 13021
   Telephone number: (315) 255-1703
   Website: http://www.cscaa.com/

County: Chenango

   1. 2-1-1 Get Connected. Get Answers.

12/26/2018
2-1-1 HELPLINE provides connections to services, programs, agencies and volunteer opportunities for Steuben, Chemung, Schuyler, Allegany and Yates Counties in New York State.

Telephone number: Dial 2-1-1 or (800) 346-2211
Website: [http://www.211helpline.org/findanother211](http://www.211helpline.org/findanother211)
Health Care Resources: [http://www.helpme211.org/usr/Printable_Resources/Chenango/CH_MEDICAL_032416.pdf](http://www.helpme211.org/usr/Printable_Resources/Chenango/CH_MEDICAL_032416.pdf)

County: Cortland

1. Mental Health Association of Cortland County
   An agency of support, education and advocacy for mental health issues.
   
   Address: P.O. Box 282 Cortland, NY 13045
   Telephone Number: 607-753-3109
   Website: [https://www.mhacortland.com](https://www.mhacortland.com)

County: Herkimer

1. Adult Recovery Services Drop-In Center for Recovering Adults
   Provides an environment where individuals can socialize, reduce stress, obtain advice and support, develop job skills and build self-confidence. The club is a safe, social outlet where members receive non-threatening feedback in a sensitive, non-judgmental manner.
   
   Address: 15-17 Hopper Street Utica, NY 13051
   Telephone number: (315) 272-2660
   
   Address: 195-199 West Dominick Street Rome, NY 13440
   Telephone number: (315) 272-2736
   
   Website: [http://www.neighborhoodcenterars.org/contact.html](http://www.neighborhoodcenterars.org/contact.html)

County: Jefferson

1. Mental Health Association in Jefferson County, Inc.
   An agency of support, education and advocacy for mental health issues.
   
   Address: 425 Washington St Watertown, NY 13601-3735
   Telephone Number: 315-788-0970

County: Madison

12/26/2018
1. Madison County Health Department: Resource Guide
   A Resource Guide to services within Madison County.
   Website: https://www.madisoncounty.ny.gov/DocumentCenter/View/983

   Address: 138 N Court Street, Veterans Memorial Building, Wampsville, NY 13163
   Telephone number: (315) 366-2327, 800-721-2327 (Toll-free within New York State)
   Website: https://www.madisoncounty.ny.gov/DocumentCenter/View/983

County: Oneida

1. Adult Recovery Services Drop-In Center for Recovering Adults
   Provides an environment where individuals can socialize, reduce stress, obtain advice and support,
   develop job skills and build self-confidence. The club is a safe, social outlet where members receive non-
   threatening feedback in a sensitive, non-judgmental manner.

   Address: 15-17 Hopper Street Utica, NY 13051
   Telephone number: (315) 272-2660

   Address: 195-199 West Dominick Street Rome, NY 13440
   Telephone number: (315) 272-2736

   Website: http://www.neighborhoodcenterars.org/contact.html
   http://kinshipmv.org/KinAndKids_CommunityResourceBooklet.pdf

2. Oneida County Department of Health: Support Groups
   The Oneida County Department of Mental Health provides the planning, monitoring and reviewing of
   services for individuals with mental illness. The Department focuses on direct participation in committee
   work and continuous interaction in an array of services that include, peer support and self-help.

   Website: http://ocgov.net/oneida/sites/default/files/mentalhealth/SupportGroups/AddictionSupportGroups.pdf

County: Onondaga

1. Catholic Charities of Onondaga County-Hope Connections
   Unique peer-to-peer system connects people to a broader community of support.

   Address: 1654 W. Onondaga Street Syracuse, NY
   Telephone number: (315) 424-1800
   Website: https://www.ccoc.us/

2. Onondaga County Department of Health: Mental Health, Substance Use & Developmental Disabilities
   A resource guide to Onondaga County.

3. Unique Perspectives - ACCESSCNY
   *Offers the services of peer support staff who promote self-help, natural supports, and alternatives to the mental health system.*

   Telephone number: (315) 475-7591
   Website: [https://www.accesscny.org/](https://www.accesscny.org/)

County: Oswego

1. Oswego County Opportunities: Northern Oswego County Services and Programs Resource Guide
   *A reference for programs and services available to community members.*

   Address: 239 Oneida Street Fulton, NY 13069
   Telephone Number: (315) 598-4717
   Website: [https://www.oco.org/education-services/northern-osw-co-services-programs-resource-guide](https://www.oco.org/education-services/northern-osw-co-services-programs-resource-guide)

2. United Way of Greater Oswego County-Community Services Directory
   *A directory for services, including support groups, in Oswego County.*

   Website: [http://www.oswegocounty.com/2014%20comm%20services%20directory.pdf](http://www.oswegocounty.com/2014%20comm%20services%20directory.pdf)

County: St. Lawrence

1. Alcoholics Anonymous – Only for District 42
   *A fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. For more information on local A.A. meetings call the number below:*

   Telephone number: (315) 268-0120

County: Tioga

1. 2-1-1. Get Connected. Get Answers.
   *A resource guide for substance & alcohol abuse resources in Tioga County.*

   Telephone number: Dial 2-1-1 or 1-800-901-2180
   Website: [http://www.helpme211.org/usr/Printable_Resources/Tioga/TC_SUBSTANCE_ABUSE_081716.pdf](http://www.helpme211.org/usr/Printable_Resources/Tioga/TC_SUBSTANCE_ABUSE_081716.pdf)

2. Tioga County Department of Mental Hygiene
   *Offers Tioga County residents a comprehensive continuum of counseling services and support for individuals of all ages.*

   Address: 56 Main Street Owego, NY 13827
   Telephone number: (607) 687-8200

12/26/2018
County: Tompkins

1. Mental Health Association in Tompkins County
   An agency of support, education and advocacy for mental health issues.
   
   Address: 301 S. Geneva St, Ste 109 Ithaca, NY 14850-5443
   Telephone Number: 607-273-9250
   Website: www.mhaedu.org

2. Mental Health Association of the Southern Tier
   An agency of support, education and advocacy for mental health issues.

   Address: 47 Broad Ave Binghamton, NY 13904
   Telephone Number: 607-771-8888
   Website: www.yourmha.com

Region: Long Island

County: Nassau

1. Mental Health Association of Nassau County
   Provides comprehensive information and referral service, which assists callers with information about mental health resources in Nassau County.

   Address: 16 Main Street Hempstead, NY
   Telephone number: 516-2322
   Website: https://www.mhanc.org/

2. Nassau County Department of Human Services-Directory of Behavioral Health and Developmental Disability Services for Children and Adults
   A directory of services, including support groups, for community members.

   Address: 60 Charles Lindbergh Boulevard, Suite 200 Uniondale, NY 11553
   Telephone number: 516 227-TALK (8255)
   Website: https://www.nassaucountyny.gov/1711/Mental-Health

County: Suffolk

1. 2-1-1. Get Connect. Get Answers.
   The 2-1-1 Long Island Call Center is available 24 hours a day, 7 days a week

   Telephone number: Dial 2-1-1 or 1-888-774-7633 (Toll Free)
   Website: https://211longisland.communityos.org/cms/

12/26/2018
2. Association of Mental Health & Wellness-Community Resource Directory
   Provides comprehensive information and referral service, which assists callers with information about mental health resources in Nassau County.

   Address: 939 Johnson Avenue Ronkonkoma, NY 1179
   Telephone number: (631) 226-3900
   Website: http://mhaw.org/programs/community-resource-directory/

Other Helpful Links

1. Support Groups, Mental Health Association of New York, Inc.
   Looking for a Support Group? Locate local support groups at this website:
   https://mhanys.org/support-groups/

2. National Clearing House
   The National Mental Health Consumers’ Self-Help Clearinghouse is a peer-run national technical assistance and resource center that fosters recovery, self-determination, and community inclusion. The Clearinghouse serves individuals who have lived experiences of a mental health condition, peer-run service and advocacy organizations, family members, mental health professionals and service providers, policy makers, and the public. The Clearinghouse continues to connect people to self-help and advocacy resources and offer expertise to and about peer-run groups and organizations that serve individuals who have been diagnosed with mental health conditions. The Clearinghouse publishes a monthly e-newsletter, the Key Update, which offers news and resources on a variety of mental health-related topics. For the latest edition, click here. In addition, the Clearinghouse has created a national (although not comprehensive) directory of Consumer-Driven Services: www.cdsdirectory.org.*

   *The CDS Directory is currently offline. They are in the process of restoring it.

   Website: https://www.mhselfhelp.org/

3. National Helpline-Gambling
   Telephone number: 800-522-4700

4. Behavioral Health Treatment Services Locator, SAMHSA
   Looking for Self-Help, Peer Support, and Consumer Groups for mental health and substance use? Find groups here at the website below:

   Website: https://findtreatment.samhsa.gov/locator/link-focSelfGP

   Or call any day, any time at the hotline number below:

   Telephone number: 1-800-662-4357

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5. U.S. Department of Veterans Affairs
   Resources to Empower Veterans Mental Health, including self-help materials.
   Website: https://www.mentalhealth.va.gov/self_help.asp

**Region: Hudson Valley**

   Website: http://www.thecommunityguide.net/resources.html

**ADDITIONAL HEALTH-RELATED LINKS:**

- www.wellnessrecovery.org
- www.healthyulstercounty.net

Mental Health Associates
   Website: https://mhanys.org/support-groups/

2. Mental Health America of Dutchess County, Inc.
   Address: 253 Mansion Street, Poughkeepsie, NY 12601
   Website: https://mhadutchess.org/
   Telephone Number: 845-473-2500

3. National Alliance on Mental Illness (NAMI)
   99 Pine Street, Suite 105, Albany, NY 12207
   Telephone Number: 518-462-2000
   Helpline 800-950-3228 (NY Only)
   Website: http://www.naminys.org/mental-health-support/treatment-support/

4. Westchester County Government
   Address 148 Martine Avenue, White Plains, New York 10601
   Telephone Number: 914-995-2000
   Website: https://mentalhealth.westchestergov.com/chemical-dependency/resources

5. Hudson Valley Psychological Association
   http://www.hvpa.org/group-therapy.asp

**Hudson Valley One – Calendar (Self Help/Support Groups)**

12/26/2018
1. Overeaters Anonymous
   Mondays, 5:15pm. United Methodist Church, Grove St, New Paltz. Check MidHudsonOA.org for other times and locations. 845-657-6603.

2. Ulster County Lyme Support Group
   3rd Tuesdays, 7-9:00pm. come talk tips, tools and ticks. St. Andrew’s Episcopal Church 163 Main St, New Paltz NY 12561 Rick 845-616-5410. Free.

3. Free Holistic Self-Care Classes
   1st Thursday, 7-8:30pm. A variety of holistic practitioners teach skills for supporting your own radiant health. Sponsored by the Rondout Valley Holistic Health Community at the Marbletown Community Center. Info: www.rvhhc.org

4. Steps of Meditation
   Weekend Retreats available – Only open April – December Free weekly classes. Learn the fundamentals for an effective meditation experience. Peace Village Retreat Center, 54 O’Hara Road, Haines Falls. Info: 518-589-5000, bkwsu.org & peacevillage@bkwsu.org

5. Free Holistic Self-Care Classes
   1st Thursday, 7:00-8:30pm. A variety of holistic practitioners teach skills for supporting your own radiant health. Sponsored by the Rondout Valley Holistic Health Community at the Marbletown Community Center, Route 209, Stone Ridge. Infor: www.rvhhc.org or info@rvhhc.org

6. Over-Eaters Anonymous

7. Families Anonymous (FA)
   For relatives and friends of those suffering from alcoholism, opioid or other drug addiction, or any addictive behavior. On-going, Saturdays 6-7pm. Old Dutch Church, 272 Wall St, Kingston. Info: quittalkingandstartdoing@gmail.com

8. Cornwall: Breast Cancer Options Peer-Led Support Group
   Features speakers, topics, and chair massage. Meets on the 3rd Wednesday at 6pm every month. St. Luke’s Cornwall Hospital cafeteria 19 Laurel Ave., Cornwall. For information or to register: 845/339-HOPE or email hope@breastcanceroptions.org or breastcanceroptions.org.


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Support Groups and Social Support
Resource Guide

Features speakers, topics, and chair massage. Meets on the 2nd Thursday at 6pm every month. 84 Green Street #2, Hudson (office of Sarah Falkner). For information or to register: 845/339-HOPE or email hope@breastcanceroptions.org or www.breastcanceroptions.org

Features speakers, topics and chair massage. Meets at 6:30pm on the 1st Thursday at of each month. For information or to register: 845/339-HOPE or email hope@breastcanceroptions.org or www.breastcanceroptions.org

Features speakers & topics. Meets on the 2nd Wednesday at 2pm every month. The Living Seed Yoga & Holistic Health Center, 521 Main St (Rt 299), New Paltz. For information or to register: 845/339-HOPE or email hope@breastcanceroptions.org or www.breastcanceroptions.org

Features speakers & topics. Meets on the 3rd Wednesday at 6:30pm every month. Wingate at Beacon 10 Hastings Dr., Beacon. For information or to register: 845/339-HOPE or email hope@breastcanceroptions.org or www.breastcanceroptions.org

Features speakers & topics. Meets on the 2nd Saturday at noon every month. Christ the King Church 2 Eugene L. Brown Drive, New Paltz. For information or to register: 845/339-HOPE or email hope@breastcanceroptions.org or www.breastcanceroptions.org

14. Nicotine Anonymous
Wednesdays at noon. The only requirement is a desire to stop using nicotine. At SUNY New Paltz, Vandenberg Bldg. Room 106, Contact 845-464-4002.

15. Nicotine Anonymous
Wednesdays, 7pm. Second floor of the Education Bldg. of Dutch Reform Church, 92 Huguenot St, New Paltz. Info: nicotine-anonymous.org Contact 845-687-7892.

16. Parkinson’s Dance & Exercise Class

17. Adult Children of Alcoholics
For those affected by growing up in an alcoholic or dysfunctional home. Sundays, 11:30am-12:30pm. Hudson Valley LGBTQ Community Center, 300 Wall St, Kingston.
18. Substance Abuse Group
   For individuals and families struggling with addiction. Woodstock Therapy Center, Woodstock. For details, call 845-679-5551.

19. Caregiver Support Group

20. New Paltz Breast Cancer Options Metastatic Support Group
   Repeats every month on the second Saturday, 12-1:30pm until Sat Jan 12 2019. Features speakers and topics. Meets on the 2nd Saturday at noon every month. Info: 845-339-HOPE; hope@breastcanceroptions.org breastcanceroptions.org. Christ the King Church, 2 Eugene L. Brown Dr, New Paltz.

21. Metastatic Breast Cancer Support Group
   Second Saturday of every month, 12-1:30 p.m. Continues through May 12th. Info: 845-339-4673. Peer led support group by Breast Cancer Options, a local non-profit organization serving the Hudson Valley with free support and education services. The organization is committed to providing people with the information, support and advocacy they need to make informed health choices. Christ the King Church, 2 Eugene L Brown Drive, New Paltz.

22. Breast Cancer Support Group
   Meets the second Wednesday of every month, 2-3:30 p.m. Continues through May 9th. Info: 845-339-4673. Peer led support group by Breast Cancer Options, a local non-profit organization serving the Hudson Valley with free support and education services. The organization is committed to providing people with the information, support and advocacy they need to make informed health choices. The Living Seed Yoga & Holistic Center, 521 Main Street, New Paltz.

23. AA – Tuesday & Thursday – 9 am
   Old Dutch Church, 272 Wall St, Kingston. Info: 845-338-6759.

24. AA – Thursday 7 pm
   Old Dutch Church, 272 Wall St, Kingston. Info: 845-338-6759.

25. Debtors’ Anonymous (BDA) – Monday – 6:30 pm
   Old Dutch Church, 272 Wall St, Kingston. Info: 845-338-6759.

26. GRASP (Autism Support Group) – 4th Saturday – 12 noon
   Old Dutch Church, 272 Wall St, Kingston. Info: 845-338-6759.

27. Debtors’ Anonymous (DA) Wednesday – 6:30 pm
   Old Dutch Church, 272 Wall St, Kingston. Info: 845-338-6759.

12/26/2018
28. Congestive Heart Failure Support Group
If you or someone you know is affected by congestive heart failure, The Heart Center will offer a congestive heart failure support group for patients and caregivers from noon to 1pm the last Monday of every month through 12/17. Learn how to optimally manage this disease and improve their quality of life through educational, social and emotional support. Participants will have also the opportunity to hear from guest speakers, engage in question and answer forums, and connect with others living with congestive heart failure. Light refreshments will be served. For more information, contact Stephanie Mulcahy, DNP, at 845-473-1188 ext. 51118 (TTY: 1-800-421-1220). To learn more about The Heart Center, a division of Hudson Valley Cardiovascular Practice, P.C., visit healthquest.org/heartcenter. Meetings will be held at the Health Quest Cardiac Rehab Center, 115 Delafield St, Poughkeepsie.

29. Cancer Support Groups Meet at Health Quest Facilities
Support Connections Inc. will host support group sessions for women with breast, ovarian or gynecological cancers at two Health Quest facilities. Preregistration for all groups is required. To register or learn more, women may call 914-962-6402 or 1-800-532-4290.

30. Hyde Park: Caregiver Support Group, Dutchess County
This event runs every third Tuesday, 6:30-7:30pm of the month. Hyde Park United Methodist Church, Rt. 9 & Church St, Hyde Park. Info: alzhudsonvalley.org; alzinternsarah@gmail.com; 845-471-2655.

31. Alcoholics Anonymous Meeting

Region: Northeast

1. Recovery is Real
The Empowerment Center
Website: http://recoveryisreal.org/index.php?categoryid=2
Email: info@recoveryisreal.org
Region: New York City

New York City Support Groups and NYC Self Help Groups
http://newyorkcitymetro.com/supportgroups.htm

New York City Support Groups

- The Mood Disorders Support Group of New York City
- Asperger Syndrome Support Group of New York City
- Amputee Support Group
  New York City Support Groups for person with Amputations
- American Woman's Economic Development Corporation (AWED)
- MSK Support Group
  New York City Support Groups for people afflicted with Brain Tumors
- Coalition of Family Justice
- Family and Community Services
- Jewish Community Center in Manhattan
  New York City Jewish Support Groups
- The National Organization for Women (NYC Chapter)
- Self-Mutilators Anonymous
  12-step group for those who want to stop picking, cutting, burning, or any other type of self-harm: pulling hair, scratching, reopening wounds, swallowing objects, head banging, tearing cuticles, biting nails, chewing insides of mouth, acne mutilation, excessive cosmetic surgeries, compulsive tattooing or compulsive body-piercing. Meets in Adult Education Center room 3 of St. Francis church. Enter on 139 West 31st St. Between 7th and 8th Aves. Meets Wednesday nights at 7:45pm.

New York City Support Groups (CONT)

- Parents Without Partners
  Single Parent Support Groups - exchange information and tips on raising a child with one parent
- New York Support Network, Inc. (NYSN)
  Network of Support Groups in New York City
- QuitNet
  Smokers quit page and Support Groups
- New York Metropolitan AA
  Alcoholics Anonymous of New York City Metropolitan area
- Marijuana Anonymous
  New York Marijuana Anonymous Support Group
- Greater New York Regional Service Office
  Narcotics Anonymous in New York City
- 12 Step Treatment
  The Twelve Steps interpreted for adolescents and troubled teenagers.
- Drug Alliance
- Need more help? Visit the NewYorkCityMetro NYC Psychiatrists Section
- New Jersey Support Groups and NJ Support Group Information