

# MIMIND TOOLS

## Support Groups

Whether you're seeking support for loss, caregiving, addiction, depression, anxiety, or a behavioral health issue, attending a support group can be a valuable step toward healing. The list below is not a complete representation of the support groups that might be available to you, but serves as a good starting point when looking for an environment where you can connect with others going through a similar experience.

### Support Groups for survivors of suicide, grief and loss

#### **Alliance of Hope**

847-868-3313

<https://allianceofhope.org/>

The Alliance of Hope for Suicide Loss Survivors was created by survivors for survivors. As a 501(c)3 charitable nonprofit, we provide online healing support and other services for people who are coping with devastating loss to suicide. Our online forum operates like a 24/7 support group. Our website contains support resources and information on the survivor experience.

#### **Kevin's Song**

313-236-7109

<https://kevinssong.org/>

The mission of Kevin's Song is to empower communities to prevent suicide and offer hope and healing to survivors. Kevin's Song is a charitable organization dedicated to generating public awareness about the causes of suicide, its prevalence in our society and possible preventive measures. As an organization, we are creating a working community of professionals and advocates that is rapidly being recognized as an important resource in the metropolitan Detroit area for offering knowledge, hope and healing to individuals, families and communities touched by suicide.

## Support Groups for survivors of suicide, grief and loss continued

### **The Compassionate friends – Support Families After a Child Dies**

877-969-0010

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

The words of TCF's Founder, Simon Stephens, resonate with those who have come to The Compassionate Friends hoping to find a purpose in a life that suddenly seems so empty. Whether your family has had a child die (at any age, from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

### **New Hope Grief Support Community**

562-429-0075

<https://www.newhopegrief.org/programs-services/support-groups-for-adults/>

At New Hope Grief Support Community our mission is to help bereaved children and families find hope and healing through connection and support. Together, through peer support groups, family camps, community groups, and dinner parties we offer an opportunity to share experiences and feelings in a safe environment free of judgment. Our vision is to see bereaved children and families with strong support systems living good and flourishing lives after loss.

### **Sandcastles**

313-771-7005

<https://aboutsandcastles.org/about/>

SandCastles Grief Support Program provides a caring place for children, teens, and their families who have experienced a death. SandCastles offers quality community-based family grief services, which encourage peer support and are enhanced by educational outreach.

### **Collen's Corner**

Contact the Cancer Team 24/7 at [888-777-4167](tel:888-777-4167)

<https://www.henryford.com/services/cancer/support/colleens-corner>

Colleen was a young physician who battled cancer for 12 years. She believed it should be easier for patients and families facing a cancer diagnosis to find available supportive resources and services. We are working to make her belief a reality. We have gathered a number of trusted organizations Henry Ford Cancer patients have found to be helpful. Please note that these organizations are not owned or operated by Henry Ford, unless otherwise noted.

### **Henry Ford Health Cancer Support Groups**

Contact the Cancer Team 24/7 at [888-777-4167](tel:888-777-4167)

<https://www.henryford.com/services/cancer/support>

Henry Ford Health Cancer support groups and programming are offered to help create community and promote healing during the cancer journey. All support groups are hosted by licensed mental health professionals. All groups are free unless otherwise noted. Please register in advance for groups you would like to attend. We are now offering in-person and virtual programming.

### **Gilda's Club**

248-577-0800

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

So no one faces cancer alone – Gilda's Club is a place where adults and children whose lives have been touched by cancer, as well as their families and friends can feel they are part of a welcoming community of support. Since 1998, more than 10,000 individuals and families have visited our Clubhouse in either Royal Oak, St. Clair Shores, or Detroit.

## Mental Health Support

### **Post-partum Support International**

1-800-944-4773 (4PPD) – Press #1 En Español or #2 for English

Text in English: 800-944-4773

Text en Español: 971-203-7773

<https://www.postpartum.net/get-help/help-for-moms/>

When you contact the HelpLine, you will be asked to leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement, and connect you with local resources as needed.

### **Depression and Bipolar Support Alliance**

800-826-3632 ext. 171

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

The Depression and Bipolar Support Alliance (DBSA) envisions wellness for people living with mood disorders (depression and bipolar disorder). DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. DBSA offers both in-person and online support groups to help you find support near you.

### **Anxiety and Depression Disorders Association of America**

<https://adaa.org/find-help/support/support-groups>

<https://adaa.org/>

Founded in 1979, ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through aligning research, practice and education. Join ADAA's Free Mental Health Peer-to-Peer Support Communities. Note: If you are in crisis please dial 988 for the Suicide & Crisis Lifeline. Please note: ADAA is not a direct service organization. ADAA does not provide psychiatric, psychological, or medical advice, diagnosis, or treatment.

### **Alcoholics Anonymous (AA)**

866-920-0628

<https://www.aa-meetings.com/aa-meeting/>

Trying to give up your alcohol addiction habit? It is not easy to remain sober but yes, if you have people supporting your decision and helping you stay on course to total de-addiction, you can make it. When you decide to kick the habit and remain sober, the name that spontaneously comes to mind is Alcoholics Anonymous (AA). Alcoholics are aware that if they want to achieve their de-addiction goals, AA is the best resource. It is not only the oldest but also the largest support group for those who have decided to give up their alcohol and drugs dependence. Use the AA Meetings locator to know about an AA Meeting happening near you.

### **Narcotics Anonymous (NA)**

800-230-4085

<https://www.na.org/meetingsearch/>

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in their own language and culture.

### **SMART Recovery**

440-951-5357

<https://smartrecovery.org>

Ready to overcome your addiction? Participants tell us that our program is valuable because we stress self-directed action and base our practical tools on cognitive science. If you're choosing to learn how to move beyond an addiction of any kind, we're here to help with free mutual support meetings and resources of all kinds.

### **Medication-Assisted Recovery Anonymous (MARA)**

\*Contact numbers can be found under meeting information.

<https://www.mara-international.org/find-a-meeting>

Do you use prescribed medication to treat various drug and alcohol use disorders? Many people who utilize evidence-based science to aid in their recovery sometimes feel uncomfortable in their day to day lives. Additionally, a multitude of people on this healing path have even felt unwelcome at traditional recovery meetings. We understand. At Medication-Assisted Recovery Anonymous (MARA), you're always welcome!

### **Co-Dependents Anonymous**

888-444-2359

<https://coda.org/find-a-meeting/>

Co-Dependents Anonymous is a non-professional fellowship. After finding a meeting from the [CoDA Meeting Locator](#), it is suggested you call the contact person to confirm the meeting date, time, and location. You may have noticed this person is identified by first name, and last initial. This follows the CoDA tradition of anonymity, which says that members are not identified to the world-at-large. They remain anonymous during meetings also, using only first names. Information shared at meetings is not discussed outside the meeting. These safeguards insure that all things shared are held in strict confidence and trust.

## Chronic Pain

### **Chronic Pain Anonymous**

888-561-2220

<https://chronicpainanonymous.org/meetings/meeting-calendar/>

<https://www.xpintergroup.org/recurring-events>

Chronic Pain Anonymous (CPA) is a fellowship of people who share their experience, strength, and hope with each other so that they may solve their common problem and help others recover from the disabling effects of chronic pain and chronic illness. The only requirement for membership is a desire to recover from the emotional and spiritual debilitation of chronic pain and chronic illness. There are no dues or fees for CPA membership. We are self-supporting through our own contributions. CPA does not ally with any organization or institution.

### **Disability Network**

313-923-1655

[https://www.dnswm.org/services\\_menu/peer-support/area-support-groups/](https://www.dnswm.org/services_menu/peer-support/area-support-groups/)

<https://www.dnswm.org/series/chronic-pain-support-group/>

Disability Network is the first stop for people with disabilities and their families in Southwest Michigan. They serve people in Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph & Van Buren Counties. As the leading disability social services organization in Southwest Michigan, their goal is to help foster a community where people with disabilities are able to participate fully in everyday life with equal opportunities and self-determination. Whether someone has a physical, psychiatric, neurological, or sensory disability, Disability Network believes they should be able to thrive and grow at home, in the workplace, and in their community.

## Caregiver Support

### **Henry Ford Health C.A.R.E. (Caregiver Assistance Resources and Education) Program**

313-874-4838

[www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)

Henry Ford Health has developed patient-centered resources for caregivers and their loved ones including Virtual Support groups, Creative Mindfulness, educational topics, and other special events for caregivers.