



The Mental Health Association in Forsyth County, Inc.

1509 S. Hawthorne Road

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 facebook.com/triadmentalhealth

Thank you for your interest in the online support groups, offered by the Mental Health Association in Forsyth County. Due to the COVID-19 pandemic, our support groups are currently offered online – by telephone or by video -- to help support your mental health.

The purpose for our support groups are to: (a) share common concerns, (b) learn new information, (c) exchange information), (d) develop appropriate coping skills and (e) make friends/develop natural supports. Our support group meetings are free and led by trained facilitators.

Below is a synopsis of our online support groups and the process on how to register/get set up with the correct platform/phone numbers/access codes:

1. **Thrive Young Adult Support Group** – for young adults – ages 18 to 30 -- with any mental health issue. Meets every Tuesday evening online from 7:00 to 8:30 pm.
2. **TIDES Mood Disorders Support Group** – for adults with a mood disorder such as clinical depression, bipolar disorder. Meets every Tuesday evening online from 7:00 to 8:30 pm.
3. **Anxiety Support Group** – for adults with any anxiety disorder such as generalized anxiety, PTSD, obsessive-compulsive disorder and any other anxiety disorder. Meets every Thursday evening online from 7:00 to 8:30 pm.
4. **Friday Morning Support Group** – for adults with any mental health issue. Meets every Friday morning online from 10:30 to Noon.

Our online support groups — designed so you can join us by phone or by video — are free and led by trained facilitators.

If you are a first-time participant and/or to register, please call our Office Manager, Joanne, on Tuesdays, Wednesdays or Thursdays before 5:00 pm at 336-768-3880. It is just that easy!

For additional information, simply give us a call: 336-768-3880 or visit our website: www.triadmentalhealth.org

WHO WE ARE