



Internationally affiliated Emotions Anonymous is a Twelve-Step program of recovery. EA support groups are intended for individuals with emotional difficulties striving to live more manageable lives. EA is a spiritual, not a religious, program. Meetings stress self-worth, self-knowledge and self-care.

There are approximately 300 EA meetings across the United States. Currently virtual meetings are being held nationally and internationally. Anyone is invited to attend. Some of the support groups will still meet remotely after face-to-face meetings resume.

At this time, U.S. virtual meetings include...



- Sunday 9-10am (PT)
- Monday 12pm (CT)
- Thursday 7:30 (ET)
- Thursday 8pm (ET)
- Thursday 7pm (ET) LGBTQ+

The national website can be used to access virtual meetings and has numerous resources, including meditations and an audio library.
www.emotionsanonymous.org

TRIAD AREA EA MEETINGS

Winston-Salem (Augsburg Lutheran Church)

Currently offered by dial-in conference call.

Day/Time: Wednesdays 7:30-9pm

Call: 978-990-5000 Access Code: 371372

Contact: Sam at 336-748-1066 or scmatthews@yahoo.com

Greensboro (First Lutheran Church)

Meetings are on hold at this time.

Day/Time: Mondays 6:15-7:15pm

Contact: Lynn at 336-233-4275 (before 9pm) or peguin0344@yahoo.com

High Point (St. Mary's Episcopal Church)

Call to confirm meeting status.

Day/Time: Fridays 6:30-7:30pm

Contact: Barry at 336-869-9613

TriadEA@email.com or www.triadea.org

RECOMMENDATION:
CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.



GreenTree Peer Center
930 South Broad St.
Winston-Salem, NC 27103
Trans-Aid & Bus Accessible: #85
"HOPE Grows Here"

GreenTree Support Program and Peer Center was founded in 2012. GreenTree is a peer-operated wellness center for people whose lives have been impacted by trauma, mental health and/or substance use challenges. GreenTree offers a self-help and mutual support community for people who are seeking to improve their lives.

Meetings are held in a safe, non-judgmental, non-sectarian gathering place. Community partners and supportive friends are also part of GreenTree's community.

GreenTree offers wellness education, peer led mutual support, self-help groups and social check-ins.

PAST ACTIVITIES HAVE INCLUDED:
Yoga and Meditation
Positivity
WRAP (Wellness Recovery Action Plan)
Personal Finance
Writers' Group and Advocacy

Contact: Laurie Coker, founder and director
Email: lcokernc@gmail.com
Phone: 336-577-3743
Hours of Operation: Monday-Friday 1-5pm (Hours may be increased, check in advance)
Weekly Schedules: Online groups and activities are available on both our website and Facebook page.
Website: www.greentreepeersupport.org
Follow us on Facebook: @greentreepeercenterws

"GreenTree has helped me through many struggles and has been there to support me through the worst times in my life and encouraged me to move forward with support. It is, like, my go-to place where I can take off my "mask" that the "world" sees and I can just be myself and this is O.K.!!!!"
T.C. - GreenTree Participant

RECOMMENDATION:
CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.



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



The Mental Health Association in Forsyth County is the community connector, educator and resource navigator for mental health care.

Contact: Andy Hagler, Director
Phone: 336-768-3880
Email: andy@triadmentalhealth.org
Website: www.triadmentalhealth.org
Follow us on Facebook: @triadmentalhealth

Due to the COVID-19, most support groups are offered online, by telephone or by video. To register, call Tues.-Thurs. before 5 pm.

SUPPORT GROUPS OFFERED

Anxiety Disorders
Thursdays online from 7-8:30 pm
For adults with any anxiety disorder such as generalized anxiety, PTSD, obsessive-compulsive disorder, or any other anxiety disorder.

Thrive Young Adult
Tuesdays online 7-8:30 pm
For ages 18-30, with any mental health issue.

Schizophrenia/Schizo-Affective Disorder
2nd & 4th Thursdays 2:30-4pm
In-person meetings to resume Spring 2021.
For adults with psychotic disorders.

Tides Mood Disorders
Tuesdays online from 7-8:30 pm
For adults with clinical depression, bipolar disorder, or other mood disorder.

Friday Morning
Fridays online from 10:30 am- 12 noon.
For adults with any mental health issue.

"Tides support group was my safety net, a place where I could speak openly and never felt judged. Participation greatly contributed to my wellness."
S.W.- MHA Participant

RECOMMENDATION:
CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.



The Mental Health Support Group Ministry was formed by Bob Mills in 2001. Meetings take place in a non-judgmental, non-sectarian setting. Children in 6th grade and older may attend if accompanied by a loved one. Facilitators are also available, outside of meetings, for individual support.

Due to Covid-19, a combined meeting of individuals and loved ones is being held every other Monday at 7:30pm through Zoom.

Meeting Information:

Date: Every other Monday
Time: 6:30pm for loved ones, 8pm for individuals
Contact: Bob Mills **Phone:** 336-414-1466
Email: millsrd@wfu.edu

"Support group was the welcoming safe haven I needed during the confusing time of figuring out my diagnosis. It was the supportive family I often needed for guidance and acceptance. It connected me to many resources within our community that led me to wellness"
S. B. - First Pres participant



Grace-Filled Resilience
Concord United Methodist Church
8955 Concord Church Rd.
Lewisville, NC 27023

Formed in August 2020, Grace-Filled Resilience is a Christian support group led by Matt and Teresa Reece. It was created to support family, friends and individuals experiencing mental health challenges. Minors are welcome if accompanied by an adult. Meetings include a devotion and prayer. Participants connect with others through sharing and caring.

Meeting Information:

Date: 3rd Sunday of each month **Time:** 7pm-8pm
Contacts: Matt or Teresa Reece
Phone: 336-830-0164
Email: grace.filled.resilience@gmail.com

Due to Covid-19, virtual meetings are being held through Zoom. Please contact Matt or Teresa to register.

RECOMMENDATION:
CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.

FRIENDS IN HOPE
Hoots Memorial Hospital
624 W. Main Street
Yadkinville, NC 27055

In 2016, Friends in Hope, was founded by Fran Kiger, who is also the meeting facilitator. It is a confidential, free peer support group for individuals, 18 years and older, who struggle with depression or related mental health challenges.

Meeting Information:

Date: 2nd Tuesday of each month
Time: 10:30am-noon
Contact : Fran Kiger, RN, CPSS
Phone: 336-782-4266 **Email:** fkiger68@gmail.com

Due to Covid-19, meetings are on hold. However, Fran is available for individual support .



U.S. Department of Veterans Affairs

Almost any mental health issue a veteran can experience can be addressed through VA support groups and services. Veterans seeking help can begin by calling and speaking with a social worker.

W.G. (Bill) Hefner Salisbury VA Medical Center, 800-469-8262, ext.13699

REFERRALS MAY BE MADE TO SUPPORT GROUPS AND SERVICES IN GREENSBORO AND KERNERSVILLE.

NCSERVES offers veterans assistance in multiple areas including Mental and Behavioral Health. 866-249-6656 www.americaserves.org

THE SERVANT CENTER offers assistance through housing, healthcare and restorative services. 336-275-8585 www.theservantcenter.org

Jon Carroll

Local veterans seeking individual support may also contact Jon Carroll. He is a retired USMC Sergeant certified in Emotional C.P.R. and is also a Veteran Peer Support Specialist.

Cell: 336-934-1263 **Email:** joncarroll1@gmail.com

If you nearing or in a crisis, caring, qualified responders can be reached at:



Text 838255 www.veteranscrisisline.net

RECOMMENDATION: CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.

PIEDMONT TRIAD

MENTAL WELLNESS

PEER SUPPORT GROUPS



This brochure provides information on mental wellness peer support groups, as well as other tools that may be helpful. It is our sincere hope that finding a support group that best fits your needs will provide help and healing on your journey of recovery.



Glenda Wendy

better together

If you or anyone you know is nearing or in a CRISIS... HELP and HOPE are here....

The National Suicide Prevention Lifeline 800-273-TALK (8255) or Text HELP 741-741 or call 9-1-1

For support facing hardships in life visit: www.findhelp.org

PRINT DATE: MAY 2021



Depression and Bipolar Support Alliance

We've Been There. We Can Help.

**Novant Behavioral Health Services
175 Kimel Park Drive, Suite 100
Winston-Salem, NC 27103**

The DBSA's mission is to provide hope, help, support, and education to improve the lives of people with mood disorders (depression and bipolar disorder).

The local chapter of DBSA, Winston-Salem, NC, began in 2003. DBSA offers free weekly peer-run support groups for individuals 18 and older who are living with a mood disorder.

Due to Covid-19, meetings are being held virtually through Zoom.

Local Meeting Information:

Date: 3rd Sunday of each month
Time: 6pm-7:30pm
Contact: Mary Potter
Phone: 336-945-4893
Email: rcmp03@triad.rr.com

**NATIONAL WEBSITE:
www.dbsalliance.org**

NATIONAL ONLINE SUPPORT GROUPS

- General • Friends and Family • Dual Diagnosis
- Military Veterans • Female Minority Veterans
- Young Adults • Black Community Mental Health

Our website also provides education, newsletters, resources for children and adults, tools, inspiring stories, and more.

**FOLLOW US:
@dbsalliance**



DBSA's Balanced Mind Parent Network (BMPN)

BMPN is an online family-focused community created to guide parents of children with mood disorders to the answers, support, and stability they seek. There is 24/7 access to information and support by visiting:

www.community.dbsalliance.org

RECOMMENDATION: CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.



NAMI is the nation's largest grassroots mental health organization. NAMI Connection Recovery Support Groups are intended for adults living with mental illness and are led by trained facilitators living in recovery. Fourteen of NAMI NC's 24 affiliates are currently holding meetings, mostly virtual.

HAVE QUESTIONS? NEED HELP?
Take comfort knowing NAMI NC is here for you.

**NAMI NC Helpline Mon-Fri 8:30-5pm
Call: 800-451-9682 Text: 919-999-6527
Email: helpline@naminc.org
Website: www.naminc.org**

**FOLLOW US:
@NAMINorthCarolina**



**AFFILIATE NAME, MEETING DAY/ TIME
* SPECIALIZED SUPPORT GROUP OFFERED**

NW PIEDMONT NC- 3rd Wednesday 5:30PM (WINSTON-SALEM, NC) CONTACT: Louise Whealton 336-744-0370 lwhealton@gmail.com
LAKE NORMAN/ IREDELL- 3rd Monday 6:30PM
UNION COUNTY- Mondays at 7:30PM
DURHAM- 2nd & 4th Tuesdays 7:30PM *STRESS & ANXIETY FOR MINORITIES- TUES 7PM
CABARRUS- 1st Tuesday 7PM
ROWAN- (COMING SOON) 1st & 3rd Tuesdays 6PM
WILMINGTON- Wednesdays at 3:30PM
CHARLOTTE- 3rd Wednesday 6:30PM
ORANGE- 1st & 3rd Wednesdays 6:30PM
WAKE- Wednesdays at 7PM * LGBT+ FOR YOUNG ADULTS- 1ST SUN & 2ND TUES 6PM *STRESS, ANXIETY, DEPRESSION (PEERS /FAMILY) MON 6PM
CUMBERLAND, HARNETT, & LEE- 4th Thurs 4PM
HIGH COUNTRY- 1st Thursday 4:30PM
WESTERN CAROLINA- Every other Saturday 10AM
SOUTH MOUNTAINS 2nd & 4th Saturdays 2:30PM *VETERANS ONLY- EVERY OTHER MONDAY AT 7PM) Email jdwidener@outlook.com to register.

RECOMMENDATION: CHECK WITH A GROUP CONTACT PRIOR TO ATTENDING YOUR FIRST MEETING.