

Social Support

* HabitWorks does not evaluate nor endorse any of these organizations. Please use your own judgement to evaluate them and their fit for your interests. This is not an exhaustive list and does not include every possible community. If your community is not represented on this resource, please feel free to email us at cbeard@mclean.harvard.edu, and we will help you find additional organizations.

Anxiety & Depression Communities

- **Anxiety and Depression Association of America (ADAA)** has an anonymous peer to peer online support group for individuals and families to share information and experiences.
 - For English speakers: <https://healthunlocked.com/anxiety-depression-support>
 - For Spanish speakers: <https://healthunlocked.com/ansiedad-depresion-apoyo>
- **Anxiety and Depression Association of America (ADAA)** has a library of support groups that exist across America that can occur in person or virtually. <https://adaa.org/supportgroups>
- **National Association of Mental Illness (NAMI) Connection Recovery Support Group** is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. Many support groups are virtual, and attendance is open to everyone across the country. <https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Programs?classkey=a1x36000003TN9TAAW>
- **National Association of Mental Illness (NAMI) Family Support Group** is a free, peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. Many support groups are virtual, and attendance is open to everyone across the country. <https://www.nami.org/Local-NAMI/Programs?classkey=a1x36000003TN9LAAW>
- **National Association of Mental Illness (NAMI) - In Our Own Voice** is a video segment with free, 40-, 60- or 90-minute presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition. <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-In-Our-Own-Voice>
- **National Association of Mental Illness (NAMI) – Family & Friends** is a free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. Search for upcoming seminars in your area with this link: <https://www.nami.org/Support-Education/NAMI-Programs/NAMI-Family-Friends>
- **Depression and Bipolar Support Alliance (DBSA)** has online support groups that provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led, meaning they are facilitated by someone living with a mood disorder. You will need to create an account with Support Groups Central to join:

https://www.supportgroupscentral.com/groups_detail.cfm?cid=18&CFID=9254673&CF_TOKEN=f77d003079060850-970378AF-97A5-4FF8-042A7588E75B3B36

- **Depression and Bipolar Support Alliance (DBSA)** has a list of local online support groups led by a local support group facilitator from anywhere across the country. You do not need to live locally to attend these groups.
<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/#local>
- **Depression and Bipolar Support Alliance (DBSA)** provides online support groups for friends, family, and caregivers supporting loved ones with mood disorders. You will need to create an account on Hey Peers to join:
https://heypeers.com/members/sign_up?org=Depression%2520and%2520Bipolar%2520Support%2520Alliance
- **The International Obsessive-Compulsive Disorder Federation (IOCDF)** has a resource directory that lists over 400 support groups for OCD and related disorders around the world. Groups are offered for individuals with the disorder, in addition to their family, loved ones, and caregivers. To filter for support groups, click “Types” and select “Support Groups”: <http://iocdf.org/find-help>
- **The International Obsessive-Compulsive Disorder Federation (IOCDF)** provides online and phone support groups. For many years, a small group of dedicated volunteers have been managing dozens of online support groups covering many different OCD and related disorders topics. All groups are moderated and occasionally visited by therapists who treat OCD and OC related disorders. <https://iocdf.org/supportgroups/online-and-phone-ocd-support-groups/>
- **The International Obsessive-Compulsive Disorder Federation (IOCDF)** offers guidance on how to start a support group of your own if you cannot find one in your area.
<https://iocdf.org/ocd-finding-help/supportgroups/how-to-start-a-support-group/>
- **The Mighty** is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>
- **Depression Looks Like Me** is a program that aims to educate and empower people with depression. This program offers a platform where people can share their unique experiences and show that their stories matter and that others are not alone.
<https://www.depressionlookslikeme.com/our-stories/>

Black Communities

- **BEAM (Black Emotional and Mental Health Collective)** offers numerous peer support spaces (<https://beam.community/programs/peer-support-spaces/>)
- **Safe Black Space** is an organization that offers various services to address people of African ancestry’s individual and community reactions to cultural and racial trauma.
<https://www.safeblackspace.org/>

- **The Anxiety and Depression Association of America (ADAA)** has a collection of personal stories about dealing with anxiety and depression: <https://adaa.org/find-help/by-demographics/black-african-american-communities#Finding%20Community%20Support>
- **Rest for Resistance** hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>

Hispanic/ Latino/a/e Communities

- **Compartiendo Esperanza** is a three-part video series that explores the journey of mental wellness in Hispanic/Latino communities through dialogue, storytelling, and discussion. <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>
- **Get up! Get moving!** is the nation's premier annual Hispanic family physical activity and healthy lifestyle event. These events are held all over the country. <https://www.healthyamericas.org/get-up-get-moving>
- **Buena Salud Club** is a free membership club that promotes healthy lifestyles: <https://www.healthyamericas.org/buena-salud-club>
- **The Anxiety and Depression Association of America (ADAA)** has a collection of personal stories about dealing with anxiety and depression:
 - [I am a Scientist, but Most Importantly, I am a Human Being](#)
 - [Long Live the King](#)
 - [So OCD](#)
 - [Antonio Liranzo - Mental Health Awareness Month Video](#)
- The **LOFT Charlas** are local, self-organized discussions led by community leaders across the country. The Charlas were created to inspire and connect leaders from different backgrounds in a supportive family like environment. <https://hispanicheritage.org/loft-charla/>
- **Rest for Resistance** hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>
- **The Mighty** is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>

Asian American Communities

- **The Mighty** is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>

- **The Yellow Chair Collective** provides virtual support groups for Asian Americans to share their experiences, reflect, and restore power. The cost to participate is \$190.00 for 6 sessions. <https://yellowchaircollective.com/the-asian-american-experience/>
- **Asian Mental Health Collective** provides community support groups for Asian Americans. To get involved, sign up for the email list: <https://www.asianmhc.org/amhc-support-groups/>
- **Asian Mental Health Collective** provides a “Subtle Asian Mental Health” Facebook Group. Click here to join: <https://www.facebook.com/groups/subtleasianmentalhealth/?link=group>
- **Asian Pride Project** celebrates the journeys, triumphs, and struggles of LGBTQ individuals and our Asian and Pacific Islander families and communities. Checkout the project here: <http://asianprideproject.org/#projects>
- **Chinese American Family Alliance for Mental Health** provides family support groups. Find out how to call and register here: <https://drive.google.com/drive/folders/1cVc7x49FsdFCQcB89zhOnxvrG7th4sY2?usp=sharing>
- **National Asian American Pacific Islander Empowerment Network (NAAPIEN)** is a group that works to support Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) who have lived experience with mental health issues, either as individuals or as impacted friends or family. Become a member here: <https://www.naapimha.org/general-6>
- **The Visibility Project** seeks to document the personal experiences of the Queer Asian Pacific American women and transgender community by interweaving visual art, personal narratives, and social justice onto an accessible online platform. <http://www.visibilityproject.org/>
- **Rest for Resistance** hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>

Disability Community

- **The Mighty** is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>
- **Beyond My Battle** offers virtual support groups for people with illness or disability. To sign up, use this link: <https://www.beyondmybattle.org/support>
- **Disability Community Resource Center (DCRC)** offers several support groups for people with disabilities. For more information about these support groups and instructions on how to sign up, click here: <https://www.dcrc.co/support-groups/>
- **Disabilities-R-Us** has chat rooms and community forums you can participate in: <https://disabilities-r-us.com/>

- **Disabilities-R-U**s also has a list of resources for people with disabilities, which includes a list of support groups for various disabilities <https://disabilities-r-us.com/disability-resources/>
- **Gigi's Playhouse** provides live and on demand programs that deliver free educational, therapeutic-based and career development programs for individuals with Down syndrome. Create an account to get involved. <https://gigisplayhouse.org/gigisathome/mygigislogin/>
- **Volunteers of America** operates housing and supportive living programs for people with disabilities. You can use this link to find out if your local office offers disability services: <https://www.voa.org/people-with-disabilities>
- **Independent Living Research Utilization (ILRU)** has a directory for Centers of Independent Living. Use this link to find one in your area: <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>
- **Different & Able - Community** provides groups and an online forum to discuss a variety of topics including but not limited to mental health. To participate, you will need to create an account: <https://community.differentandable.org/register/>
- **Different & Able – Stories** has a collection of personal stories about living with a disability and the difficulties one faces: <https://differentandable.org/stories>

LGBTQ+ Communities

- [My Own Hero's Journey](#), T.J. Bradley, a personal story
- **PFLAG** provides support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines. For peer-to-peer support services in your community, contact one of the more than 400 PFLAG chapters across the United States today: <https://pflag.org/find-a-chapter>
- **The Tribe** offers several support groups for the LGBTQ community. Click here to join: <https://support.therapytribe.com/register/>
- **The Loft**, based in White Plains, NY, provides in person and virtual events and support groups. Click here to join an event or support group: https://www.loftgaycenter.org/announcing_virtual_support_groups
- **The Mighty** is a growing community of people with lived experience sharing their honest stories. We help people connect with others around mental health, chronic illness, rare disease, disability, and more. <https://www.themighty.com/>
- **MensGroup** offers a virtual support group for LGBTQ+ men. Click here to join: <https://community.mensgroup.com/>
- **Rest for Resistance** hosts virtual meditation sessions online three times a week for LGBTQ2SIA+ people of color. You can join by using the Eventbrite link on this page: <https://restforresistance.com/rest>
- **Center Link** is a community of LGBT Centers. Use this link to find centers near you: <https://www.lgbtcenters.org/LGBTCenters>
- **LGBT National Help Center** provides online peer chat rooms. More information can be found here: <https://www.lgbthotline.org/peer-chat.html>

- **Asian Pride Project** celebrates the journeys, triumphs, and struggles of LGBTQ individuals and our Asian and Pacific Islander families and communities. Checkout the project here: <http://asianprideproject.org/#projects>
- **The Visibility Project** seeks to document the personal experiences of the Queer Asian Pacific American women and transgender community by interweaving visual art, personal narratives, and social justice onto an accessible online platform. <http://www.visibilityproject.org/>
- [On Queerness and Mental Health](#), Amy Gruen, a personal story
- [This Is What It's Like to Go to Work as a Queer Person with Mental Illness](#), Hannah Rimm

*This document is not exhaustive. If you know of a resource or organization that you think should be added to this list, please email us at cbeard@mclean.harvard.edu