

Free Peer-Led Mental Health Self-Management Programs

The **Depression and Bipolar Support Alliance** (DBSA) provides hope, help, support, and education to improve the lives of people who have mood disorders. DBSA offers peer-based, wellness-oriented support and empowering services when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials.

Online DBSA groups:

<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

Find a group in your area:

<https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/>

National Alliance on Mental Illness’ Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos.

Contact the NAMI Help Line to find online support during COVID-19. Also check the NAMI web page for your state or local affiliate, since many are now offering virtual support groups during the pandemic.

<https://www.nami.org/help>

Find a NAMI Peer-to-Peer group in your area:

<https://www.nami.org/Local-NAMI/Programs?classkey=alx36000003TN9SAAW>

Wellness Recovery Action Plan® (WRAP®) is a self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be. WRAP helps people to discover simple, safe wellness tools. People also identify upsetting events, early warning signs, and signs that things have gotten much worse, so they can develop action plans for responding constructively. They also create a crisis plan and a post-crisis plan. Most groups are free, but some charge a fee (see below for free resources).

Online WRAP via Facebook <https://www.facebook.com/WRAPYourWellnessYourWay/>
WRAP newsletter <https://www.wellnessrecoveryactionplan.com/newsletter/>

Find a WRAP group by typing into your browser (with quotes): “FREE Wellness Recovery Action Plan group [name of your city/state] [current year]”

Free Peer-Led Mental Health Self-Management Programs, continued

NAMI Connection Recovery Support groups are free, peer-led support groups for any adult who has experienced symptoms of a mental health condition. Participants gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. NAMI's support groups are unique because they follow a structured model to ensure everyone has an opportunity to be heard and to get what they need.

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<https://www.nami.org/help>

Find NAMI Connection in your area:

<https://www.nami.org/Local-NAMI/Programs?classkey=a1x36000003TN9TAAW>

The **Schizophrenia Alliance** is a self-help/peer support 6-step program run by and for persons who have schizophrenia or a related illness. The program teaches a process of change through which individuals improve their health and wellness, while striving to reach their full potential.

Join a Schizophrenia Alliance conference call group during COVID-19 or find a group in your area:

<https://sardaa.org/schizophrenia-alliance/sa-group-locations/>

Recovery International groups use a cognitive-behavioral, peer-to-peer, self-help training system that helps individuals gain skills to lead more peaceful and productive lives.

Join telephone or online RI meetings during COVID-19:

<https://recoveryinternational.org/meetings/>

Find an RI group in your area:

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

The goal of **GROW** is mental health recovery and personal growth. Peer support meetings include a personal testimony, problem-solving with assignment of practical tasks, reports on progress, and development of new understandings through mutual education.

Join GROW's video group conferencing during COVID-19:

<http://www.growinamerica.org/>

Find a GROW group in your area:

<http://www.growinamerica.org/home/join-a-group>

Free Peer-Led Mental Health Self-Management Programs, continued

Hearing Voices groups educate people about their voice hearing, visions, and other unusual experiences. Group members talk freely and without judgment among peers, and they develop a personal framework for understanding and managing their voice hearing.

Join a Hearing Voices group online or by phone during COVID-19:
<https://www.hearingvoicesusa.org/latest-news/154-new-hvn-usa-online-group>

Find a Hearing Voices group in your area:
<https://www.hearingvoicesusa.org/hvn-usa-groups-list/list/1>

Support for Mental Health Crisis or Pre-Crisis

[988 Lifeline Chat and Text](#) is a service of the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). It connects people with crisis counselors for emotional support and other services.

Talk

Call **988** for support via Lifeline Chat.

[Haga clic aquí](#) para acceder al Chat 988 en español.

[Click here](#) to find specialized 988 crisis support (LGBTQ+, veterans, deaf or hard of hearing).

Text

Text 988 for support via Lifeline Chat.

Chat

Visit the [988 web site](#) for online support, starting with a brief survey to connect you with the best crisis counselor for you.

Warm Lines

Warm lines provide peers to talk with pre-crisis. National Empowerment Center Warm Line Directory: <http://www.warmline.org/>

The algorithm was designed by Judith Cook and Jessica Jonikas (UIC Center on Integrated Health Care & Self-Directed Recovery); Peggy Swarbrick and Patricia Nemece (Collaborative Support Programs of New Jersey); Benjamin Druss (Emory University); Matthew Federici (The Copeland Center); Maria Margaglione (Depression and Bipolar Support Alliance); Sarah O'Brien (National Alliance on Mental Illness); and Sherry Jenkins-Tucker and Denise Hardy (Georgia Mental Health Consumers Network). It was funded by NIDILRR and CMHS.