

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 during COVID-19:

<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/>

The **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.

Online WRAP seminars during COVID-19:

<https://copelandcenter.com/events>

Find a group in your area:

<https://copelandcenter.com/find-facilitator/facilitator-directory>

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=a1x36000003TN9SAAW>

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.

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 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/find-a-group>

Whole Health Action Management is a multi-week program of group and one-on-one education to encourage resiliency, wellness, and self-management of health and behavioral health problems. It is taught by trained and certified people with lived experience.

Find WHAM training:
<https://www.thenationalcouncil.org/consulting-services/whole-health-action-management/>

Peer Support for Mental Health Crisis or Pre-Crisis

Talk

National Suicide Prevention Lifeline
1-800-273-8255 (1-800-273-TALK) | or [web site](#)
Veterans in crisis, press “1” to be directed to local VA resources
Deaf, hard of hearing TTY and chat options [here](#)
En Español, call 1-888-628-9454

Text

Crisis Text Line
Text HOME to 741-741 | or [web site](#)

Chat

Lifeline Crisis Chat
Visit their [web site](#) to learn more and chat

Warm Lines

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

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