



Find Community.
Find Wellness.
Find Hope.™

Additional DBSA Support Group Options

If you're waiting for an open spot in a DBSA HeyPeers group, you still have options for peer support through our local in-person groups and chapter online groups.

Chapter Online Support Groups

Looking for additional online support? Our **chapter-led online support groups** are open to anyone nationwide and are a great way to stay connected with peers from the comfort of home.

To find a group, visit:

<https://www.dbsalliance.org/support/dbsa-chapter-online-support-groups/>

Local In-Person Support Groups

DBSA offers a number of in-person support groups throughout the United States. These groups are peer-led and open to anyone living with a mood disorder or seeking mental health support.

To find a nearby group, visit:

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

Cultural & Identity-Focused Support Groups

DBSA recognizes the importance of identity-affirming spaces. We offer several online groups tailored to cultural, racial, and identity-based experiences:

Group offerings include:

- Parents and Caregivers
- Young Adults
- Asian American Community
- Black Community
- Spanish Speaking Community
- Rural Community
- LGBTQ+ Community
- Occupation Specific Community
- Gender Only Community
- Veterans Community
- Co-Occurring Disorder
- Family and Friends
- Age-Specific Community
- Faith-Based Community

These spaces are led by trained peer facilitators who share similar lived experiences.

Explore all identity-based options:

<https://www.dbsalliance.org/support/cifgroups/>