

Family Support Groups

In a family support group you can share your experiences as a family member, and get empathy and validation from fellow participants. Although participants may share resources and strategies, the primary focus is on mutual support.

Family support groups can happen in-person, online, or by phone, and are led by facilitators who are also family members themselves. Most family support groups are drop-in, meaning you can start attending at any time and attend as long as you need.

Support Groups for Family Members of Adults

NAMI Family Support Groups

NAMI Family Support Groups are free groups for family members, friends, and other caregivers of people dealing with mental health symptoms. Led by trained facilitators who are also family members. Family Support Groups provide a nonjudgmental environment where people can discuss concerns, learn about local resources, and benefit from one another's collective knowledge and experience.

Find a NAMI Family Support Group: <https://namimass.org/nami-family-support-groups/>

DBSA Family & Friends Support Groups

The Depression and Bipolar Support Alliance (DBSA) provides information, education, and support to people with diagnosed with mood disorders and others impacted by them. They offer support groups around the state, some that welcome family and friends. DBSA also offers online support groups for family and friends.

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

Find an online DBSA Support Group:
<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

OCD Massachusetts Family Support Group

OCD Massachusetts offers support groups in Belmont for family members of people diagnosed with Obsessive Compulsive Disorder (OCD). Support groups meet monthly, September through June, immediately before their monthly guest speaker.

Learn more about the OCD Massachusetts Family Support Group:
<https://www.ocdmassachusetts.org/belmont-lecture-series-2019/>

MEDA Family & Friends Support Group

The Multi-Services Eating Disorders Association (MEDA) offers a free weekly support group in Newton for family members of people dealing eating disorders.

Learn more about the MEDA Family & Friends Support Group:
<https://www.medainc.org/services/health/medas-clinical-services/>

Family Hoarding Support Group

ClearPath offers a free monthly support group in Marlborough for family members and friends of people who have collecting and cluttering behaviors that would typically be labeled as hoarding.

Learn more about the Family Hoarding Support Group:
<http://strongcommunity.org/clearpath-assists-those-with-a-loved-one-who-hoards/>

ECT Support Group

McLean Hospital offers a monthly support group in Belmont for people who are receiving Electroconvulsive Therapy (ECT) and their families and friends, as well as those contemplating ECT.

Learn more about the ECT Support Group:
<https://www.mcleanhospital.org/patients-families/support-groups>

MIA Online Parent Support Groups

These online parent support groups from Mad in America offer a space where parents can exchange information and share experiences to foster a dialogue that goes beyond the predominant mainstream medical treatment model. The moderated support groups last 90 minutes, and are designed to help parents feel less alone as they struggle to best help their children.

Learn more about MIA Online Parent Support Groups:
<https://www.madinamerica.com/mia-online-parents-support-group/>

HVN Family & Friends Support Group

The Hearing Voices Network USA provides an online/call-in support group for family members and friends of people who may hear voices, have visions, or have other non-consensus experiences and beliefs. The group's primary focus is on supporting family members and friends to examine their own challenges in being present for such relationships.

Learn more about the HVN Family & Friends Support Group:
email families@westernmassrlc.org

SARDAA Family & Friends Call In Support Group

The Schizophrenia and Related Disorders Alliance of America offers a weekly support group by phone, for family and friends of people diagnosed with schizophrenia and related disorders.

Learn more about the SARDAA Family & Friends Call In Support Group:
<https://sardaa.org/contact/>

Support Groups for Family Members of Children and Teens

DBSA Family & Friends Support Groups

The Depression and Bipolar Support Alliance (DBSA) provides information, education, and support to people with diagnosed with mood disorders and others impacted by them. They offer support groups around the state, some that welcome family and friends. DBSA also offers online support groups for family and friends.

Find an online DBSA Support Group for parents of kids and teens

<https://community.dbsalliance.org/welcome.htm>

PPAL & the Family Support Program Network

The Parent Professional Advocacy League (PPAL) is a statewide, grassroots organization that advocates for improved access to mental health services for children and their families. PPAL offers information and resources in person, by phone, and on their website. PPAL also host support groups and publicizes groups offered by other Family Support Programs on their website.

Find a Support Group in the PPAL Network: <http://ppal.net/find-help/support-groups>

Survive to Thrive Sibling Support Group

Ben Speaks offers a 10-week support group for young people, 9 - 13, who have siblings with emotional or behavioral issues.

Learn more about the Survive to Thrive Sibling Support Group:

<https://www.benspeaks.org/programs>

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Learn more about MIA Online Parent Support Groups:

<https://www.madinamerica.com/mia-online-parents-support-group/>



This information is for educational purposes only. Contact the COMPASS Helpline for additional information and resources about this topic.

call COMPASS at **617-704-6264** or **1-800-370-9085**

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