



COMING FALL 2022!

FAIRFIELD COUNTY SUPPORT GROUPS



It can be isolating to have a mental illness. Our support groups offer a safe space to:

- Talk and hear from others who know what you're going through;
- Get ideas and skills to manage your own mental health; and
- Find a community of people who support you through the ups and downs.

Find a group for whatever you're going through, including anxiety, depression, mood disorders, schizophrenia, and family members and loved ones of individuals with substance use disorder. **Free and open to the public.**

For more information or to volunteer,
visit MHAOhio.org/support-groups



Funded by



Questions? Contact Erica Duncan
(614) 257-7122
eduncan@mhaohio.org