

MENTAL HEALTH GROUPS

This list of mental health-related self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at lliss@familyservicecc.org.

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

Inclusion in this list does not constitute an endorsement or evaluation.

General

Champaign County

Co-Dependents Anonymous (CoDA) (2005 A,L) This 12-step fellowship is for men and women whose common purpose is to recover from codependence and to develop and maintain healthy relationships. Group literature is available. Donations are requested to cover literature and expenses. Meets Mon., 7:00-8:00 p.m., The Pavilion, Lecture Rm., 809 W. Church St., Champaign; and Tues., 7:00-8:00 p.m., Serenity Shack, 117 Ohio St., Rantoul. **Call:** Kathy for Champaign (217) 979-2847 or Stan for Rantoul (217) 493-6429 **E-mail:** codakathyl@gmail.com **or:** creation1957@gmail.com **Website:** coda.org

Depression and Bipolar Support Alliance (DBSA) (1990 A,L) This support group provides open discussion, information, and support to people with any mental illness or substance abuse problem. The group also welcomes people who believe they may have these disorders, but who may not have been diagnosed. The meeting is also open to friends, family members, professionals, and professional students. Call or e-mail for more information. Meets Tues., 7:00-8:00 p.m., Auditorium C, 1st fl., Presence Covenant Medical Center, 1400 W. Park St., Urbana. **Call:** (217) 355-1193 **E-mail:** dbsa.uc@gmail.com

Local Website: dbsauc.org **National Website:** dbsalliance.org

Depression Support Group (2009 F,L) This group is for people dealing with depression. It provides a place to share experiences and support one another. Family and friends are welcome to come and be part of the support network. Group is Christ-centered and nondenominational. Meets 2nd Tues., 7:00-8:00 p.m., upper level Sunday School Bldg., St. Paul's Lutheran Church, 108 E. Church St., Gifford. **Call:** Donna (217) 568-7516 or St. Paul's Lutheran Church (217) 568-7196 **E-mail:** stpauls.gifford@gmail.com

Emotions Anonymous (Champaign Chapter) (1999 A,L) This 12-step program is for people who have emotions that cause difficulties in their lives. These emotions may be depression, anxiety, fear, loneliness, anger, compulsions, or obsessions. Emotions Anonymous is based on the same program used by Alcoholics Anonymous. Nonsmoking meeting. Meets Tues., 7:15 p.m., Faith United Methodist Church, 1719 S. Prospect, Champaign. **Call:** (217) 352-3632 **E-mail:** eamtg2@gmail.com **Website:** eamtg.com

GROW in Illinois - Personal Growth Group (Champaign County) (1978 A,L) This self-help group offers a program for personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help to people, ages 18 and older, to cope with a mental disorder or emotional crisis. A newsletter and group literature are available. Call for meeting times and locations. **Call:** Karen Shan, Champaign Program Secretary (217) 352-6989 or toll-free (888) 741-GROW (4769) **E-mail:** growil@sbcglobal.net **Website:** www.growinamerica.org **Write:** Champaign County Fieldworker, GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

NAMI (National Alliance on Mental Illness) - Champaign County (1982 A,L) This group offers support, education, and advocacy to people with mental illness as well as their loved ones. The meetings consist of a brief time of sharing and caring, business meeting, and program. Members have access to a lending library. NAMI Champaign County offers an array of educational and training programs for people with mental illness, family members, service providers, and the general public. These programs draw on the experiences of family members and people with mental illness who have learned to live well with mental illness and who are eager to help others. Educators and mental health professionals also attend to offer their expertise. Family education, peer support and social groups, as well as teacher education/in-services are offered free throughout the month. Meets 2nd Mon. (except July and Aug.), 6:30-9:00 p.m., Community Elements, 801 N. Walnut, Champaign. **Call:** NAMI Information Line (calls answered once a week) (217) 419-5345 or Diane Zell (217) 253-2413 **E-mail:** sue_keller@comcast.net or: thezells1@gmail.com **Local Website:** namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Support Group for Pregnant Mothers and Mothers Raising Infants (2011 A,P) This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration necessary. **Call:** Ann Ambrose (217) 337-2730 **E-mail:** ann@crisisnursery.net **Website:** www.crisisnursery.net **Write:** Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Survivors of Suicide Support Group (Champaign) (1999 F,P) This group is for family and friends who have experienced a death by suicide. Attendance in the group is ongoing. An initial screening and orientation interview is required to join. Call to schedule an interview before attending the group. There is no fee. Meets 2nd Mon., 6:00-8:00 p.m., Presence Covenant Medical Center, 1400 W. Park St., Urbana. **Call:** Peter Dyck, Presence Covenant Spiritual Care (217) 337-2181 **E-mail:** peter.dyck@presencehealth.org **Write:** 1400 W. Park St., Urbana, IL 61801

Wednesday Recovery Group (WRG) (2009 F,L) This peer-led support group is for people dealing with mental health problems. Our mission is to be a weekly mental health recovery support group based on the foundational principles of mental health recovery, which are hope, education, personal responsibility, self-advocacy, support and spirituality. Meets Wed., 1:00-2:00 p.m. at a local downtown Champaign church. **Call:** Margaret Stanton (217) 367-5720 **E-mail:** margaret.stanton@gmail.com

Coles and Moultrie Counties

GROW In Illinois - Personal Growth Group (Coles and Moultrie Counties) (1978 A,L) This self-help group offers a program of personal growth to prevent or recover from mental illness. The weekly meetings are also used to cope with crises such as death, divorce, or separation. A newsletter and group literature are available. **Call:** toll free (888) 741-GROW (4769) **E-mail:** growil@sbcglobal.net **Website:** www.growinamerica.org **Write:** Brenda Eakins, GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

Macon

GROW In Illinois - Personal Growth Group (Macon County) (1978 A,L) This self-help group offers a program of personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help for anyone coping with a mental health problem or emotional crisis. Group literature is available. **Call:** toll free (888) 741-GROW (4769) **E-mail:** growil@sbcglobal.net **Website:** www.growinamerica.org **Write:** GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

Peoria

Survivors of Suicide Grief Support Group (Peoria) (1989 A,P/L) This group provides support to anyone who is grieving over a death by suicide. It does not provide support for those who have attempted suicide. The group is not for children or adolescents. Group literature is available. Meets 1st and 3rd Tues., 7:00-8:30 p.m., Chapel Area at Proctor Hospital, 5409 N. Knoxville Ave., Peoria. **Call:** Rev. Eimo Hinrichs (309) 697-3342 **E-mail:** eimopat@aol.com **Write:** Rev. Eimo Hinrichs, 5032 W. Burns Ave., Bartonville, IL 61607

Piatt

The Meeting Place (2012 F, P) This loss support group is for seniors experiencing life's challenges (health, loneliness, independence, purpose, financial, and family). Meets 2nd Tues., 10:30 a.m., Piatt County Office Bldg. Conference Rm., 1115 N. State St., Monticello. **Call:** Julie Glawe (217) 762-7575 or Doug Edwards, LCSW, RDDP (217) 433-6109 **E-mail:** jglawe97@yahoo.com

Vermillion

GROW In Illinois - Personal Growth Group (Vermillion County) (1978 A,L) This self-help group offers a program of personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help for anyone coping with a mental health problem or emotional crisis. Newsletter and group literature are available. **Call:** Fieldworker (217) 352-6989 or toll-free (888) 741-GROW (4769) **E-mail:** growil@sbcglobal.net **Website:** www.growinamerica.org **Write:** GROW in Illinois, Vermillion County Fieldworker, P.O. Box 3667, Champaign, IL 61826-3667

Friends and Families of the Mentally Ill

Champaign County

Depression and Bipolar Support Alliance (DBSA) - Friends and Family Group (1990 A,L) This group is for friends and family members who care about someone with any mental illness. The group is closed to people with mental illnesses unless they are friends or family members also. Call or e-mail for more information. Meets Thurs., 7:00-9:00 p.m., Auditorium C, 1st fl., Presence Covenant Medical Center, 1400 W. Park St., Urbana 61801. **Call:** (217) 355-1193 **E-mail:** dbsa.uc@gmail.com **Local Website:** dbsauc.org **National Website:** dbsalliance.org

Family 2 Family (2013 A,L) This free 12-week course is for family caregivers (parents, relatives, and friends) of individuals with severe mental illnesses. The classes are structured to help caregivers understand and support individuals with serious mental disorders while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one living with one of these brain illnesses. Meets Tues., 6:30-9:00 p.m. Champaign. Contact Nancy Carter for courses and locations. **Call:** Nancy Carter (217) 356-1925 **E-mail:** ncart93@gmail.com **Local Website:** namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

NAMI (National Alliance on Mental Illness) - Champaign County (1982 A,L) This group offers support, education, and advocacy to people with mental illness as well as their loved ones. The meetings consist of a brief time of sharing and caring, business meeting, and program. Members have access to a lending library. NAMI Champaign County offers an array of educational and training programs for people with mental illness, family members, service providers, and the general public. These programs draw on the experiences of family members and people with mental illness who have learned to live well with mental illness and who are eager to help others. Educators and mental health professionals also attend to offer their expertise. Family education, peer support and social groups, as well as teacher education/in-services are offered free throughout the month. Meets 2nd Mon. (except July and Aug.), 6:30-9:00 p.m., Community Elements, 801 N. Walnut, Champaign. **Call:** NAMI Information Line (calls answered once a week) (217) 419-5345 or Diane Zell (217) 253-2413 **E-mail:** sue_keller@comcast.net or: thezells1@gmail.com **Local Website:** namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

NAMI Family Support (2013, A/L) This group is for any family member, friend, or loved one of an adult person with severe mental illness. This group is for adults only and is facilitated by experienced family members. Join us as we learn how to understand and support our loved ones with mental illness. Discover friends who care and understand, and share ideas that can help you better take care of yourself and your family. Learn about community services and how to find them. We listen while you share your experiences and get much needed support. Meets 2nd Thurs., 7:00-9:00 p.m., Colony West Clubhouse, 31 Colony West Dr., Champaign (1st right north of the junction of Prospect and Windsor). **Call:** NAMI Champaign (217) 419-5345 **E-mail:** champaignnami@aol.com **Local Website:** namichampaign.nami.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Douglas

NAMI Families and Caregivers - Tuscola (2014 A,L) This support group is for family, friends, and concerned others of persons living with a mental illness. The group is led by NAMI trained facilitators who are experienced caregivers. Solve problems, share experiences, and learn from others who have been there. The group has over 30 years of experience in dealing with issues surrounding the care of a loved one with mental illness living in the community. The facilitators are Diane Zell and Donna Mayer. Meets 4th Thurs. 7:00-9:00 p.m. at Tuscola United Methodist Church, 901 N. Prairie, Tuscola, IL **Call:** Diane (217) 253-2413, Donna (217) 234-7616, or NAMI Champaign (217) 419-5345 **E-mail:** champaignnami@aol.com **Local Website:** namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Vermilion

NAMI Families and Caregivers - Danville (2014 A,L) This group is for adult family members, caregivers, or concerned others of a person with mental illness age 18 and over. Facilitators are Mary Mancuso and Debbie Hesse. Meets 3rd Thurs. 7:00-9:00 p.m. at First Presbyterian Church, 100 N. Franklin, Danville, IL **Call:** Mary (217) 267-7093 or NAMI Champaign (217) 419-5345 **E-mail:** champaignnami@aol.com **or:** marymancuso7@att.net **Local Website:** namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

For a complete listing of area support groups, visit the Self-Help Center website at selfhelp.famservcc.org