

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 people may share resources and strategies, the main 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.

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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. NAMI Family Support Groups are led by trained facilitators who are also family members. They provide a nonjudgmental environment where people can discuss their 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 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/>

Family Hoarding Support Group

ClearPath offers a free monthly support group 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-hoarding/>

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

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/heal/medas-clinical-services/>

MIA Online Parent Support Groups

Mad in America parent support groups 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/>

SARDAA Family & Friends Call In and Virtual Support Groups

The Schizophrenia and Related Disorders Alliance of America offers a weekly support group by phone and Zoom, 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 & 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. DBSA also offers online support groups for parents of kids and teens.

Find an online DBSA Support Group for parents of kids and teens
<https://community.dbsalliance.org/welcome.htm>

Family Support Program Network

Family Support Programs offer support groups, one-to-one support, and more to family members of children and teens dealing with emotional or behavioral challenges.

Parent Information Network (serving Southeastern Massachusetts)

<https://www.bamsi.org/program/parent-information-network-pin/>

Parent Professional Advocacy League (serving Central Massachusetts)

<http://ppal.net/find-help/support-groups>

The Support Network (serving Western Massachusetts)

<https://childrensemotionalhealth.org/>

The Home for Little Wanderers (serving Suffolk County)

<http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html>

Wayside (serving the Northeast and Metro West areas)

<https://www.waysideyouth.org/forfamilies/parentsupportservices/>

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Learn more about MIA Online Parent Support Groups:

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

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/survivetothrive>



This information is for educational purposes only. Contact the **COMPASS Helpline** at NAMI Massachusetts for additional information and resources.

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

email COMPASS at compass@namimass.org