

Depression: Some National and Local Resources

Listed below are national and local support groups for specific depressive disorders. If you are also experiencing difficulty with other social or medical problems (for example, bereavement, chronic medical illness such as diabetes, or substance abuse) you may also benefit from a referral to the relevant support group. The University of Michigan Health Education Resource Center (HERC) will have information on many different national and local support groups. Please call the HERC at (734) 647-5645 for more information.

National Organizations

National Depressive and Manic Depressive Association (NDMDA)

730 N. Franklin St., Suite 501
Chicago, IL 60601
Toll Free: 800-82-NDMDA
<http://www.ndmda.org/>
Local: Dearborn, 313-389-5381

National Foundation for Depressive Illness

P.O. Box 2257
New York, NY 10116-2257
Toll Free: 800-239-1265
<http://www.depression.org/>

National Mental Health Association (NMHA)

National Mental Health Information Center
1021 Prince Street
Alexandria, VA 22314-2971
Toll Free: 800-969-6642
<http://www.nmha.org/index.html>
Local: Southfield, 248-557-6777

Local Organizations

Manic-Depressive and Depressive Association

Four groups meet 7-9 p.m. 2nd and 4th Wednesday, Senior Health Bldg, room 1353; noon-2:00 p.m. Thursday Washtenaw County Mental Health, 2140 E. Ellsworth; 7:00-9:00 p.m. 1st, 3rd, and 4th Thursday, First congregational Church at State and William; 2:00-4:00 p.m. Friday Riverview Clinic, U-M Hospitals 900 Wall Street, 971-2385.

Domestic Violence Project SAFE House

Serves survivors of domestic violence in Washtenaw County. 24-hour crisis line (995-5444). Drop-in support for women in abusive relationships: 6:30 p.m. Tuesdays in Ypsilanti; 6:30 Wednesdays in Ann Arbor. Call 995-5444.

Alliance for the Mentally Ill

Volunteer organization supplying support and advocacy for people recovering from mental illness and for their families. Meetings 2nd Monday at 7:30 p.m., St. Clare Church/Temple Beth Emeth, 2109 Packard Rd. Support group for family members: 994-6611.