

Depression /Grief & Other Mental Health Resources

• Support Groups

- *Bereaved Parents of the USA* - for bereaved parents and families who have experienced the death of a child; meets the third Thursday of the month at 7 p.m. St. Pius X Roman Catholic Church, 625 E. Haycraft Road; Kathy, (208) 773-5684, www.nidbereavedparents.org.
- *Divorce Adjustment Support Group* – at Poignant Possibilities, Coeur d'Alene; Darwin, (208) 667-8474.
- *Divorce Care Support Group of Sandpoint* - Beginning Jan. 5, meets Thursdays 6:30-8 p.m. at Faith E-Free Church 2624 N. Boyer, Sandpoint. (208)-265-8904.
- *“DivorceCare: Surviving the Holidays”* - Wednesdays through the holidays from 6:30 - 8:30 p.m. at Dalton Gardens Church of Christ, 6439 N. 4th St., Coeur d'Alene. Child care is available. (208) 772-0541.
- *Grief Support Group* – for those who have lost loved ones; meets 7-8:30 p.m. Wednesdays at Kootenai Health, 2003 Kootenai Health Way, Coeur d'Alene; (208) 666-3285 or visit KootenaiHealth.org
- *Department of Health & Welfare Adult Mental Health Services* - Community Crisis Response and Services to Adults with Severe and Persistent Mental Illness Adult crisis line 1-888-769-1405
- *Mental Health Support Group* – For people with any kind of mental health disorder. Families are welcome also. every Wed. 7-9 pm, Kootenai Health Hospital, Kootenai Health Way, Coeur d'Alene. Call, (208) 772-6809.
- *National Alliance for Mentally Ill Coeur d'Alene* – For friends, family and consumers. Meets the second Tuesday of each month, with the exception of July and August, 7-9 p.m. at ACES Community Building, 410 E. Harrison Ave. Information: (208) 691-9674.
- *National Alliance for Mentally Ill Far North Chapter* –Meets the first Wednesday of the month at 11 a.m. at the Sandpoint Gardenia Center. Also meets the third Wednesday of the month at 8 p.m. in the classrooms at Bonner General Hospital, Sandpoint. June, July and August meetings are from 5-6:45 p.m. Information: 263-7928.
- *National Alliance on Mental Illness*
 - 597-2047, www.nami.org/sites/namifarnorth

• Useful Websites, Online Support /Discussion Groups

- Beating the Beast
A thriving online support community for people with depression and related issues, run by people with depression. <http://www.beatingthebeast.com/forum/>
- Broken Smiles ^{Top Rated}
A friendly support board that helps people with issues such as depression or self harm. http://s9.invisionfree.com/Broken_Smiles
- Depression Boards - a Lighter Blue ^{Top Rated}
A friendly and supportive community for the discussion of problems related to mental health issues. Not all forums are public or searchable. Registration is required for full access. <http://depressionboards.com>

- Depression Forums ^{Top Rated}
An open peer discussion of depressive illnesses and treatment options. Our mission is to continue to create an atmosphere that is both supportive and informative for our members, as a caring environment for members to talk to their peers about their depression, anxiety, mood disorders, medications, therapy and recovery. Our vision is to advance public awareness of mental health issues, as to eliminate the stigma of depression and other mental disorders.
<http://www.depressionforums.org/forums/>
- Depression Hangout
A small mental health support group with members worldwide. Primarily chatroom based, but does have a dedicated support forum. <http://www.depressionhangout.blogspot.com>
- Depression Peer Support ^{Top Rated}
Moderated depression chat rooms, forums, blogs and media gallery. <http://www.depression-understood.org/>
- Depression Recovery Groups ^{Top Rated}
Offers online support groups for those who have depression, bipolar disorder (especially type 2) or anxiety, which often overlaps with depression. It is a way for people who are living with these conditions to easily come together, support each other and learn about what they can do to improve the quality of their lives. We offer a confidential place where you can meet with others without fear of being identified. The meetings are led by peer support specialists and include both discussion and educational segments with the best researched and up-to-date, self-care tips.
<http://www.depressionrecoverygroups.com/>
- Emotions Anonymous
A 12-step organization for recovery from emotional difficulties.
<http://www.emotionsanonymous.org/>
- Empty Souls
A support forum created for and ran by sufferers of depression and related mental illness. Offers a wide range of support in a safe and friendly community.
http://s14.invisionfree.com/Empty_Souls/index.php?act=idx
- Helping Teens ^{Top Rated}
A support group, a chat room, and articles all related to helping teens or young adults with depression, self injury, and just about anything. <http://www.helpingteens.org/>
- Knowledge is Power
A peer support site with a hope, recovery, education emphasis for persons with bipolar disorder and/or depression. <http://knowledgeispower89617.yuku.com/>
- Mixed Nuts Depression and Bipolar Community ^{Top Rated}
Information on depression and bipolar disorder, message board, and light-hearted chat room.
<http://www.mixednuts.net>
- Mood Garden Forums ^{Top Rated}
Information, support and coping skills for people dealing with mood disorders, such as depression or bipolar disorder (manic depression). <http://www.moodgarden.org/forum/>
- Psych Central Depression Support Group ^{Top Rated}
Online depression support group allows you to read other people's experiences with depression, and also provide your own (if you'd like). Private and secure, the Psych Central Community is one of the longest-running online mental health communities, since 1999. Membership is free and the community is overseen by a team of dedicated individuals that help keep the forums safe for all. <http://forums.psychcentral.com/depression/>
- Recover Your Life ^{Top Rated}
A site dedicated to people who self-injure (SI) or self-harm, and those who suffer from eating

disorders or depression, packed with things to do from distractions and information, to support forums and a chat room. <http://www.recoveryourlife.com/>

- Teen Moods ^{Top Rated}
A popular, well-designed depression support community created by a teen with depression. Open to all including Teens, Parents, Doctors, ect. Highly recommended for teens dealing with depression looking for others who face similar kinds of feelings. <http://www.teen-moods.net/>
- Walkers Web ^{Top Rated}
One of oldest mailing lists related to mood disorders also has information on their Web site. <http://www.walkers.org/>
- Yahoo Support Groups - Depression
A listing of online support groups dealing with depression, hosted by Yahoo Groups. <https://groups.yahoo.com/neo/search?query=depression>
- A Brighter Day For Mums
Dedicated to supporting mums who suffer with depression throughout the world. <http://www.abrighterdayformums.org>
- Children with physical and/or mental disabilities and delays ^{Top Rated}
To subscribe to this mailing list, you will need to compose a short email. Enter this text into the body of your email message (leave the subject line blank): *subscribe our-kids Your-name*
<mailto:listserv@listserv.icors.org>
- Crisis Chat
A friendly community for those suffering from depression, anxiety and related issues; staffed by fellow sufferers. <http://chatzy.com/crisis-chat>
- Depression
To subscribe to this mailing list, you will need to compose a short email. Enter this text into the body of your email message (leave the subject line blank): *subscribe walkers.*
<mailto:majordomo@walkers.org>
- Depression
To subscribe to this mailing list, you will need to compose a short email. Enter this text into the body of your email message (leave the subject line blank): *subscribe depress,*
<mailto:listserv@soundprint.brandywine.american.edu>
- Depression and Emotional trauma
To subscribe to this mailing list, you will need to compose a short email. Enter this text into the body of your email message (leave the subject line blank): *subscribe Sybil,*
<mailto:majordomo@userhome.com>
- Depression, Christian-oriented
To subscribe to this mailing list, you will need to compose a short email. Enter this text into the body of your email message (leave the subject line blank): *subscribe xn-depression,*
<mailto:hub@xc.org>
- Experience Journal: Pediatric Depression
Developed by Drs. DeMaso and Joseph Gonzalez-Heydrich. An online collection of stories from children, parents, siblings, and health care providers on what it is like to live with specific emotional and physical illnesses. With pictures, narratives, and short movies, the Journal is an evolving, online community.
Designed for individuals looking for insights from other people who have been in situations similar to their own, the Experience Journal serves patients and families.
 - Journals on ADHD, asthma, deafness and hearing loss, and bereavement are under development. The journals can be viewed at <http://www.experiencejournal.com>.

- Facebook Groups: Anxiety, Depression and Self Harm Support Group
A Facebook group for those suffering from Anxiety and Depression, and contemplating or committing self-harm. <https://www.facebook.com/groups/480215555420339/>
- Facebook Groups: Bipolar, Depression, and Anxiety Support Group
This is a community for people suffering from Bipolar Disorder, Depression, Anxiety or other Mental Illnesses, as well as for relatives/friends of someone who is suffering from Mental Illness.
WARNING: Some topics may be of an adult nature or triggering.
<https://www.facebook.com/groups/693278010717887/>

- **Suicide Hotlines**

- The Samaritans – 212-673-3000
 - 24 hour crisis hotline with the goal of helping people in distress and preventing suicide, this is a free, confidential service for immediate or ongoing needs.
- Suicide Hotline – 1-800-SUICIDE
- National Suicide Prevention Hotline – 1-800-273-TALK
- National Adolescent Suicide Hotline – 1-800-621-4000

- **Depression Hotline**

- Postpartum Depression Hotline – 1-800-PPD-MOMS
- Veterans Depression Hotline – 1-877-VET2VET

- **Other Crisis Hotlines**

- United Way Helpline – 1-800-233-HELP
- Youth America Hotline – 1-877-YOUTHLINE
- Covenant House Nine-Line (Teens) – 1-800-999-9999
- The Trevor Helpline (for homosexual questions/problems) 1-800-850-8078

**Kaniksu Health Services has provided information on community resources for your convenience. Kaniksu Health Services does not assume any responsibility or liability for any information, services or materials provided by outside organizations.