

Support Groups in Allegheny County:

Note: The information regarding meetings and contact information should be confirmed as it periodically changes. Information prepared September, 2009.

For Emotional Support Call: 1-866-661-WARM (9276)

Pittsburgh Bipolar and Depression Peer Groups (DBSA Pittsburgh)

Friends and Family welcome to attend
Regular 4th Wed. Support Group, 7:30PM
Regular 2nd Wed. Support Group, 7:30PM
Western Psychiatric Institute & Clinic (WPIC)
Classroom 413 A & B on the 4th floor
3811 Ohara St.
Pittsburgh, PA 15213

Weekly Peer Mental Health Support Group **Confirmed 4/12**

Every Thursday Evening, 6:00PM – 7:30PM
Carnegie Library – Squirrel Hill
5801 Forbes Avenue (corner of Murray Ave.)
Meeting room in rear of library
Mental health consumers of all diagnoses are welcome. Family and friends are also welcome to attend.
Contact: Mike Sable, (757) 534-8004

WPIC Support Group

Merl Morganstern, Comprehensive Recovery Services
412-246-5851

NAMI CONNECTIONS Recovery Support Groups

Peer facilitated, recovery support groups for adults with mental illness of any diagnosis.
Contact NAMI Southwestern PA for more information, (412) 366-3788. **LM**

Minority Families of the Mentally Ill **Confirmed 9/09**

Call to confirm: Oakland, 2nd Saturday each month, 2PM
Hill House 1835 Centre Ave, 2nd Floor, 2PM
Contact: Wilma Sirmons, (412) 327-4890

NAMI Pittsburgh East – FAMILIAS **Confirmed 9/09**

Support Group for families
Beulah Presbyterian Church, Churchill,
4th Wednesday each month (except for July and August)
Contact: Anne Handler, (412) 421-3656

NAMI Spouse Support Group Confirmed 9/09

Support group for well spouse,
Beulah Presbyterian Church, Churchill,
1st Wednesday 7-9PM
Contact: Mim Schwartz, (412) 731-4855

NAMI McKeesport Area Confirmed 9/09

2nd Thursday each month 7PM,
Penn State Allegheny, Frable Conference Center, sign for group in lobby.
Contact: Cindy McHolme, (412) 754-0998

NAMI Pittsburgh North

North Hills, call for meeting times
Contact: (Evening) Pete and Candy Venezia (412) 361-8916

NAMI Pittsburgh South Confirmed 9/09

Mt. Lebanon, 3rd Wednesday each month 7:30PM
Southminster House, 801 Washington Road, Mt. Lebanon
Contact: Eileen Lovell, (412) 401- 4015
[NAMI Pittsburgh South Newsletter](#)

NAMI Sewickley Family Connections Confirmed 9/09

Contact: Kathy Monahan, (412) 749-7418
Family Connections is Family Support Group that meets monthly to offer
information and support to families of the mentally ill.
4th Tues of every month on the 4th floor in Conference Room One at Sewickley
Valley Hospital, 7-9PM.

**NAMI Western PA Borderline Personality Disorder Family Support Group
Confirmed 9/09**

North Hills, Every other month (Sept., Nov., Jan., etc.)
Saturday meetings, 11AM-1PM
NAMI Southwest Office,
105 Braunlich Drive, McKnight Plaza Suite 200, Pittsburgh PA 15237
Contact: Rose Schmitt, (412) 487-2036
Next Meeting:

WPIC Family Support Group

Oakland
Contact: Merle Morgenstern, (412) 246-5851

Local Obsessive-Compulsive (OC) Groups:

Support Groups offer people with OCD the opportunity to come together and share experiences. These groups are listed here at the request of the group leader.

Groups are constantly changing. Please contact the OC Foundation of Western PA if you are having difficulty establishing contact with a group. We do our best to keep information current and correct but we need to be notified of changes to these listings when required. We welcome information on additional groups which may offer support for members of the OCD community.

(412) 363-6231 (412) END-OCD1

Oakland

OCD Support Group **Confirmed 9/09**

155 N. Craig St., suite 170.

Pittsburgh, PA

Second Wednesday of the month, 6-7pm

Support group (not a therapy group) is free and open to the public, including folks with OCD or anxiety in general, family, friends, and anyone with questions or concerns about this important matter.

Contact: [Larry Glanz](#), Ph.D. (412) 687-8700 x2

North Hills

The Pittsburgh Obsessive-Compulsive Disorder Support & G.O.A.L. Group **confirmed 9/09**

Contact: Adelle Maher 412-915-0097

Haber Hall

311 Siebert Road (off McKnight Road)

2nd and 4th Thursday of each month at 7 p.m. ; with issue of hoarding, come at 6PM; Call ahead

South Hills

Obsessive-Compulsive Anonymous (OCA) 12 step recovery program for those wishing to recover from OCD

Jefferson Regional Medical Center

565 Coal Valley Road

James Bibro Pavilion

Homestead-Baldwin Room - 2nd Floor
Every Thursday from 7:00 to 8:30 PM

Contact Ken at (412) 861-0043

East End

Body Focused Repetitive Behaviors, Support Group Confirmed 9/09

Skin Picking – Trichotillomania- Nail biting
Support group for sufferers and family members
Third Wednesday of each month from 7-8 PM
636 East End Ave
Pittsburgh PA 15221

Pre-Register with Mim Schwartz (412) 731-4855

Pittsburgh Trichotillomania Support Group

Monroeville Public Library, program room
2nd Saturday of the month, 3-4 PM
open to children and adults with trichotillomania as well as their support
people
free of charge

Contact Steve at 724 864 7296 or sav4latr@comcast.net

Pittsburgh Social Anxiety Support Group: Confirmed 1/3/11

The group meets every Thursday from 7:00PM - 8:30PM at the **UCP
Community Service Center**, 4638 Centre Avenue, Pittsburgh, PA 15213 (at the
corner of Center and Neville).
Email: pittsburghSASG@gmail.com

Panic Anxiety Support Group of Pittsburgh-Downtown-Oakland-Shadyside

Friends Meeting House 4836 Ellsworth Ave. 2nd Floor Pittsburgh, PA (Oakland-
Shadyside) Contact: Help Line Phone: (412) 578-2450

Pittsburgh Area Brain Injury Alliance

Peer Support Group Meeting

1st Tuesday of the month, 7PM

Life's Work

Contact Rich Wagner at rw@pabia.org or 412-366-4645

AgeWell Pittsburgh: On Caregiver Support Groups

A few long standing support groups that are part of the AgeWell Pittsburgh
System are Caregivers Support Groups, MS Support Group, Cancer Support

Network and Stroke Survivors Group. There are hundreds more in and around Allegheny County. For more information and options, call AgeWell Pittsburgh at 412-422-0400