**ONLINE SUPPORT GROUPS**

1. The Tribe Wellness Community

<https://support.therapytribe.com/teen-support-group/>

Peer-to-peer support group for teens faced with mental health challenges and/or difficult family dynamics.

1. Mental Health America (MHA)

<https://www.mhanational.org/center-peer-support>

MHA helps people build networks of friends and intimate relationships.

1. Anxiety & Depression Association of America (ADAA)

<https://adaa.org/adaa-online-support-group>

ADAA’s anonymous peer-to-peer online anxiety and depression support is a friendly, safe and supportive place for individuals and their families to share information and experiences.

1. 7 Cups

<https://www.7cups.com/>

7 Cups connects you to caring listeners for free emotional support.

1. Daily Strength

<https://www.dailystrength.org/>

Getting Better Together. Knowing when you need help is a sign of strength. Share your experience and join a support group to connect with those on the same path.

1. Live Well Teens

<https://www.livewell-foundation.org/lwteens>

FREE Weekly Mental Wellness Depression & Anxiety Support Groups Wednesdays @ 7 pm

1. Virtual Teen

<https://www.virtualteen.org/>

A site for teens to come chill, ask questions, find answers and give advice. Both guys and girls from ages 13 to 19-years old are welcome to join. Virtual Teen Forums consist of thousands of members. New topics are constantly being created among numerous categories, including disorders, illnesses, sexuality, gender, puberty, music, movies, debates, advice, family, friends and much more.

1. Depression & Bipolar Support Alliance

<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

DBA online support groups gives people living with depression and bipolar a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope.

1. William James College Interface Referral Service

<https://interface.williamjames.edu/guide/websites-especially-teens>

Websites especially for teens: Teens have many important questions and concerns about themselves, their friends, and their parents, but figuring out who to ask about what and when isn’t always easy. These mental health resources provide a wealth of information and advice which can help you to find answers to your questions, to better understand the changes that you (or your friends) are undergoing, and to make smart decisions about your life.

1. Mental Health America of Fredericksburg

<https://www.mhafred.org/support-groups/>

Free non-therapeutic, professionally facilitated support groups for both adults and teens suffering from depression, anxiety, and bipolar, and suicide loss.