

Support Groups, Mental Health

Mutual support groups whose members are people who have specific social, emotional or other mental health problems. Families and friends may also be welcome. The groups meet in-person, by telephone or via the Internet; and provide an opportunity for participants to share information, practical tips for daily living and encouragement about issues related to the problem.

Article

Shake it Off: Boosting Your Mood

Have you ever had a bad mood you just couldn't shake? The good news is that certain healthy habits can help you boost your mood.

Source

[National Institutes of Health](#)

Links

Depression and Bipolar Support Alliance

Source

[Depression and Bipolar Support Alliance](#)

Links

National Alliance on Mental Illness (NAMI) | Virginia

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