Off-Campus Support Groups

Looking for support groups in the Greater Puget Sound area? We have listed a few mental health and illness resources below located near our 3 campuses (Bothell, Seattle, and Tacoma).

Contents

Off-Campus Support Groups

- UW Medicine
- NAMI (National Alliance on Mental Illness)
- Depression and Bipolar Support Alliance (DBSA) of Greater Seattle
- Eastside CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder)
- Alcoholics Anonymous
- Al-anon and Alateen
- Overeaters Anonymous
- Narcotic Anonymous
UW Medicine

UW Medicine offers support groups and classes at Harborview and UW Medical center on a variety of topics. They are free unless otherwise noted. (Currently Held via Zoom as of August 2022).

NAMI (National Alliance on Mental Illness)

Eastside Support Groups
Visit this link to view their online offerings:
- Peer Support Groups for people living with mental illness
- Family Support Groups for family and caregivers of people with mental illness
- Spirituality Support Groups offering non-denominational support groups for people living with mental illness, their family, and loved ones
- Other support groups available
  (Currently Held via Zoom as of August 2022).

Seattle Support Groups
Visit this link to view their online offerings:
- LGBTQ+ Support Group open to anyone identifying a lesbian, gay, bisexual, transgender, queer-identifying, and other folx
- Black, Indigenous and People of Color Support Group open to all BIPOC individuals looking for mental health support
- Family Support Group for family and caregivers of people with mental illness
- Other support groups available

Depression and Bipolar Support Alliance (DBSA) of Greater Seattle
Groups open to all people with depression or bipolar disorder and their friends and family. Visit the website for the meeting schedule and to check for last-minute changes. (Currently Held Online as of August 2022).

Eastside CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder)
Visit the website for the meeting schedule, and to find other CHADD chapters. (Currently Held via Zoom as of August 2022).

Alcoholics Anonymous
The chapters closest to Bothell are:
Greater Seattle Intergroup
- Seattle, WA.
- Phone (24-hr): (206) 587-2838
- Website: Greater Seattle Intergroup

Sno-King Intergroup
- Mountlake Terrace, WA.
• Phone: (425) 672-0987  
• Website: Sno-King Intergroup

Eastside Intergroup  
• Bellevue, WA.  
• Phone: (425) 454-9192  
• Website: Eastside Intergroup

Central Office of AA - Snohomish County  
• Everett, WA.  
• Phone: (425) 252-2525  
• Website: Snohomish District

Al-anon and Alateen  
Support, help, and hope for friends and families of alcoholics.  
• Greater Seattle  
  • Find a local meeting  
  • (Currently Held via Zoom as of August 2022).

  • List of Family Groups  
  • Find a meeting  
  • (Currently Not Meeting as of August 2022)

Overeaters Anonymous  
Visit the website to find a local meeting.

Narcotic Anonymous  
• NA Seattle  
  • Find a local meeting  
  • (Currently Held via Zoom as of August 2022).

  • NA World Services  
  • Find a meeting