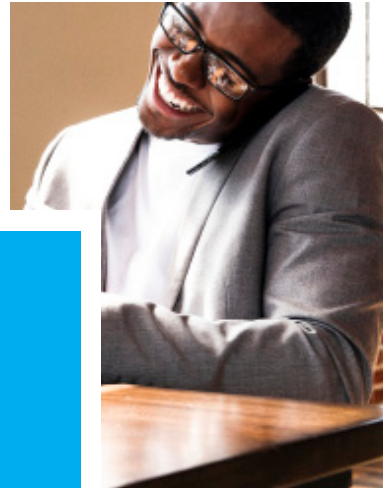


Online Peer Support Groups



Get support when and where you need it. Join an Online Peer Support Group to learn about new ways to deal with challenges in a safe and caring environment.

You're Not Alone

If you are struggling with loneliness a bit (or a lot), we have a free, helpful service to offer you. Join an online support group with others who have similar issues and can offer you ideas, support and encouragement.

Support groups from Integrated Behavioral Health (IBH) are easy to access by computer, tablet, or smartphone. They are an IBH EAP enhancement provided by your employer.

When you're not feeling well, sometimes the last thing you want to do is travel somewhere to get help. Online support comes to you, when you need it, wherever you are.

Attend up to 10 free, confidential online sessions in a group that suits your needs

- Addiction Recovery Groups
- Depression Recovery Groups: Depression, Bipolar Disorder, Get It Done When Your Depressed, Depression Support for People of Color, Women and LGBTQ+
- Anxiety Recovery Groups
- Parenting Support Groups
- Grief Support Groups
- Frontline Worker Support Groups

Register for an Online Support Group

**Simply call IBH to get started:
800-386-7055**

An IBH care manager will quickly register you online so you can get started.

Each group is led by a specially trained Peer Specialist or Recovery Coach who helps everyone get the support they need.

