

Virtual Peer Support Groups

MHEP offers 5 topic-based peer run support groups weekly, in addition to our open peer support groups.

All groups can be accessed at zoom.us

MONDAY

Mood Boosters Online- 4 PM
Alternatives to Suicide- 6:30 PM

WEDNESDAY

Expressive Writing – 4 PM

FRIDAY

Open Mic-4 PM
Hearing Voices-5 PM

Open Peer Support Groups
6 PM Tuesday through Sunday
8PM Daily

[Join us on Zoom.us](https://zoom.us)

6 PM

996 9654 7985

8 PM

936 5187 9166

Mood Boosters Online

731 915 845

Alternatives to Suicide

993 2695 8770

Expressive Writing

949 3152 6495

Open Mic

933 4169 3035

Hearing Voices

923 9569 1922

Have questions or want to talk?

The Empowerment Exchange

(518) 235-2173

The R.I.S.E Center

(914) 664-3444

24/7 Peer Support Line

(800) 643-7462

