The Mood Disorders Support Group (MDSG-NY) is a non-profit 501 (c)(3) self-help organization. Since 1981, we have been supporting individuals with depression and bipolar disorder, as well as their families and friends.

“What mental health needs is more sunlight, more candor, more unashamed conversation about illnesses that affect not only individuals, but their families as well.” – Glenn Close

The Mood Disorders Support Group (MDSG-NY) mitigates stigma surrounding mental illness through confidential and non-judgmental peer run support groups for:

**Bipolar:** To discuss both depression and mania

**Unipolar:** To discuss depression

**Under 30:** A group for those under 30, including teens, that discusses both unipolar depression and bipolar disorder

**Family and Loved Ones:** For people closely connected to someone suffering from depression or bipolar disorder

**Topic:** To discuss a common theme prevalent in each group, such as medication, finding a therapist, recognizing and managing triggers and finding structure through work and volunteering

From our modest beginnings in a volunteer’s apartment, we have grown to 16 group meetings each week. We are a supplement to – not a replacement for – professional treatment.

We stress empathetic, non-judgmental listening and learning.

We promote a motivational and inspiring environment to find a path to a meaningful recovery.

To attend a meeting you do not need to pre-register. Simply go to the sign-in table and let the volunteers know that it is your first time and they will direct you to the most appropriate group.

**Wednesday**
West Side Group
7:30 pm - 9:15 pm
Mount Sinai St. Luke's | Adult Mental Health
411 West 114th Street (3rd floor)
New York, NY 10025

**Friday**
East Side Group
7:30 pm - 9:15 pm
Bernstein Pavilion of Beth Israel Center
10 Nathan D. Perlman Place
16th between 1st and 2nd Ave (2nd floor)
New York, NY 10003

There is a suggested donation of $5 to attend a meeting, although we turn no one away for inability to pay.

For more information, please visit our website [www.mdsg.org](http://www.mdsg.org) or email us directly at [info@mdsg.org](mailto:info@mdsg.org).

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