



Mood Disorders Support Group MDSG – New York

Welcome!

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

When: Doors open at 7:00 pm
Groups begin 7:30 pm

Cost: Suggested donation \$5 for non-members
Individual membership \$45
Family membership \$65

Website: www.mdsg.org

Email: info@mdsg.org

Phone: 212 533-MDSG

MDSG Overview



About MDSG

The Mood Disorders Support Group of NY (MDSG-NY) is a non-profit 501(c)(3) self-help, peer run organization. Since 1981, we have been supporting individuals with mental health problems such as depression and bipolar disorder as well as their families and loved ones.

MDSG's Mission and Core Values

Our goal is to enhance significantly the quality of life for those living with mood disorders through a confidential, compassionate and empowering group environment. We accomplish this by educating each other about these diseases, effective treatment strategies, and by instilling the belief that a meaningful recovery, with peer support, is obtainable. Peers are individuals with a lived experience of mood disorders. They have been there.

We believe in the magic of peer support:

- We instill hope, trust and a deep belief in the recovery process through our shared experiences of living with mental health challenges.
- We dispel stigma. By breaking down isolation and discovering we are not alone, we can come to realize that we are not “crazy” at all. We are simply individuals who have a treatable disease of the brain or have a loved one who does.
- We empower, inspire and motivate each other to find a personal recovery path that works. We all recover differently.
- We educate each other about mood disorders, diagnoses and effective medical, psychiatric, psychotherapeutic and holistic treatment strategies.
- We come to learn that we can be of valuable service to others in need. We all have important information to share: a coping skill, a success story, a new type of treatment or just understanding and compassion.
- We learn to advocate for ourselves and each other. We cheer each other on.
- We really get it. And empathize.

Support Group Overview



Our Support Groups

Our support groups, made up of the trained peers who run them and the attendees, are the backbone and engine of MDSG. Unique to Manhattan, MDSG NY offers 16 support groups every week on both the East and West sides. Also known as discussion meetings or rap sessions, they are a friendly haven for the exchange of information and support. They are led by highly trained peer facilitators who once were attendees themselves. We try to limit each group to a maximum of 12 people. Our groups are “drop-in”. There is no need for a reservation. They typically run for about an hour and a half.

Meetings are held, for geographical convenience, in two different locations in Manhattan: Mount Sinai/Beth Israel Hospital on Friday nights and St. Lukes/Roosevelt Hospital on Wednesday nights.

At each site we have the following groups:

Group Categories

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

Bipolar



This is a group for adults who have been diagnosed with or think they may have some type of bipolar disorder, also called bipolar depression. As the symptoms and experiences associated with this illness are unique in many ways, a separate group for those with this diagnosis is provided.

Unipolar



This is a group for adults who have already been diagnosed or think they may have some type of depressive disorder. As anxiety disorders often accompany depression, many of our attendees experience both. Our groups offer support, information and the motivation to come out of isolation and help each other advocate for a meaningful recovery.

Under 30



MDSG offers support groups just for young adults. These groups are exclusively for those under the age of 30 who have a mood disorder. This is a place for you to be able to speak informally and confidentially and in a safe environment about your personal experiences and feelings within your own age group. These groups are run by a trained peer from within their own ranks.

Family and Loved Ones

Family and Friends of Those with Mood Disorders Need Support Too!



If you are closely connected to someone who suffers from depression or bipolar illness, this is the group for you. Families suffer, need support, understanding and coping strategies too. You have your own unique questions, concerns and problems that need to be addressed. And your own self-care is a critical component to a successful recovery process for all.

Topic Group



The topic group includes people with all mood disorders (bipolar, depression, anxiety, PTSD, etc.) to discuss a common theme prevalent in each group.

The Professionals, or work-related, group is currently our most popular topic that focuses on strategies to manage a mood disorder in the workplace and address key issues that undermine our ability to find and maintain work.

The Professionals group offers a safe and confidential place to discuss:

- Mood disorders and their effect on careers
- Managing relationships in the office / classroom
- Job / school applications
- Networking
- Interview preparation
- Disclosing a mood disorder with human / student resources
- Public speaking
- Volunteering
- Financial resources (housing, job placement, financial support)
- Clubhouses (supportive environments)

Support Group Credo



Just as each individual is unique, so is their experience of a mood disorder. Through the simple act of listening to each other's stories, we support each other. By sharing our experiences, we help each other find a real sense of belonging, better understand how mood disorders impact our lives and find coping and treatment strategies. By focusing on the strengths we have gained from our experiences, we promote hope and self-esteem.

In our groups we:

- Treat each other with kindness and compassion. Often times most of us feel vulnerable.
- Respect the opinions and experiences of others
- Are generous to others in the sharing process
- Do not judge. We try to put ourselves in the other person's shoes.
- Work on our patience. Each of us tries to do the best we can at a given moment.
- Listen. We all want to feel heard.
- Speak only from our own experiences. As a result, we do not lecture or tell each other what to do or what is best for us.
- Understand that the recovery process is unique and personal for each individual
- Keep confidences so that everyone feels safe to disclose personal information and innermost feelings
- Maintain an environment that is strength-based, hopeful and empowering. Without hope we stop trying.