



Mood Disorders Support Group

MDSG – New York

“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 or email us directly at info@mdsg.org.

The Mood Disorders Support Group of NY (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.