

DBSA

(Depression Bipolar Support Alliance)

GREATER ST. LOUIS SUPPORT GROUPS

Currently DBSA St. Louis operates about 30 support groups a month at a variety of community locations for people whose lives are affected by mental illness. Most of our meetings are open to both consumers and their friends and families. Some of our groups have a special focus and are open to targeted groups. For more information about our groups call 314-652-6100. If you would like a package of information about DBSA, please call the office and one will be sent to you.

Weekly Meetings

DBSA OPEN MEETING

Day: Monday

Time: 7:00 PM

West Hills Church, 13250 South Outer 40 Rd, Town & Country, MO 63017. The church is located on South Outer 40 between Mason and Maryville Center roads. It is on the south side of the highway.

DBSA OPEN MEETING

Day: Tuesday

Time: 7:00 PM to 9:00 PM

St. Anthony's Medical Center, 10020 Kennerly Rd., St. Louis, MO 63126. This group meets in the Highland Educational Center, 2nd Floor, Room 2009.

DBSA OPEN MEETING

Day: Thursday

Time: 7:30 PM

Christian Hospital Northeast, 1113 Dunn Rd., St. Louis, MO 63136. This meeting meets on the 2nd Floor, Room 2100.

DBSA OPEN MEETING

Day: Friday

Time: 7:00 PM

St. Anthony's Medical Center, Hyland Behavioral Health System. 10018 Kennerly Rd., St. Louis, MO 63128. This meeting meets in Building B in the Dining Room.

DUAL DIAGNOSIS MEETING

Day: Saturday

Time: 7:00 PM

For those in recovery from alcohol or substance abuse and mental illness. Jewish Hospital, 216 S. Kingshighway, St. Louis, MO 63108. This meeting meets in the Stix, Baer, and Fuller Room. **This is an AA meeting that is "DBSA Friendly"**

Specialized Support Meetings

DBSA YOUNG ADULT MEETING (Ages 20-35)

Day: Tuesday

Time: 7:00 PM to 8:30 PM

St. Mary's Medical Center, 6420 Clayton Rd. (Richmond Heights). Enter East Parking Garage at Demun off Clayton Rd. This group meets on the Ground Floor behind the cafeteria in Room C. **This meeting meets the 2nd and 4th Tuesday of each month.** *Facilitator - Tim Hamilton: 314-353-4672.*

SUPPORT PERSONS MEETING

Day: 2nd Thursday of each month

Time: 7:00 PM to 8:30 PM

For people whose friends or family members have a mood disorder. St. Pauls Lutheran Church (Room LL4), 12345 Manchester Road at Ballas. Enter on Ballas side across from West County Westfield Shopping Center.

COUPLES GROUP

Day: 1st Friday of each month

Time: 7:30 PM

Des Peres Hospital, 2345 Dougherty Ferry Rd., St. Louis, MO 63122. This meeting meets in Conferences Rooms 2 and 3.

UPDATED JUNE 2019