

# **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. *Facilitator – John (JT) Trevaskis: 314-6292235*

#### **DBSA OPEN MEETING**

**Day: Thursday**

**Time: 7:30 PM**

Christian Hospital Northeast, 1113 Dunn Rd., St. Louis, MO 63136. This meeting meets on the 2<sup>nd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month.** *Facilitator – Tim Hamilton: 314-353-4672.*

### **SUPPORT PERSONS MEETING**

**Day: 2<sup>nd</sup> 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. *Facilitator – Dolores Segal: 314-822-0183*

### **COUPLES GROUP**

**Day: 1<sup>st</sup> 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 SEPTEMBER 2019