

AFFECTIVE DISORDER MUTUAL-HELP SUPPORT GROUPS

Unless otherwise indicated, the groups are for persons with depression or bipolar illness and/or family members. Please call the group leader for date, time, and place of meeting. This list, effective **December 5, 2005**, is subject to change. If you encounter an incorrect or disconnected telephone number, please call DRADA at 703-610-9026, EX. 271 or 888-288-1104 (toll free).

MARYLAND

Allegany County

Cumberland: Jerry 301-689-6275
or Bob 301-729-3778

Cumberland: Substance use &
mood disorders: Jerry 301-689-

Downtown: For military veterans
only: Gary 410-799-2161

East Baltimore: Johns Hopkins

Hospital: Margo 410-342-2135

Hamilton: Carla 410-444-4500

Mt. Vernon: Alternative lifestyle
persons with the illness only:
Paula 410-889-2022

Roland Park: Persons with illness
only: Vicki 410-467-4709 or
Howard 410-358-3011

Roland Park: Young adults only:

Leerin 410-467-3332

Baltimore County

Dundalk: David 410-282-1701

Essex: Denise 410-780-4150

Lutherville/Timonium: Dede 410-
486-4471

Owings Mills: Family members
only: Susan 410-581-4988

Parkville/Towson: Jacque 410-
823-7214

Perry Hall: Susan 410-343-2211

Timonium: Persons with illness
only: Cathy 410-560-6717

Towson: Persons with illness only:
Caroline 410-494-4163

Towson: Persons with illness only:
Virginia 410-668-4810

Towson: Postpartum depression
only: Leigh 410-252-0612

**Towson: St. Joseph's Medical
Center:** Family members only:
Janice 410-661-3188

Carroll County

Eldersburg: Jim 410-781-6838

Westminister: Karen 410-840-9521

Frederick County

Frederick: Earlene 301-898-8882

Mt. Airy: Barbara 301-831-9666

Garrett County

Oakland: Joyce 301-533-0552 or
Jerry 301-689-6275

Harford County

Bel Air: Dorothy: 410-879-7139

Fallston/Bel Air: Barbara and Al:
410-692-2466 or John 410-838-
3233

Howard County

Ellicott City: Penny 410-242-5683

Ellicott City: Betsy 410-750-0811
or Debbie 410-740-2618

Lisbon: Mental-health professionals
only: Ann 410-442-7633

Kent County

Chestertown: Joan and Don 410-
778-5308

Montgomery County

Bethesda: Persons with illness

only: Richard 240-401-2764 or
Nancy 301-365-0178

Potomac: Family members only:

Diane 301-299-4255 or Jennifer
301-570-9065

Rockville: Adult children of
persons with a mood disorder: Anne
301-770-0206

Prince George's County

Beltville: Jennie 301-937-1157 or
Elsie 301-937-6024

Bowie: Denny 301-805-1609

Clinton: Ruth 301-868-6180

Queen Anne's County

Chester: Barbara 410-643-0027

Talbot County

Easton: Mike 410-943-0834

DELAWARE

Kent County

Chestertown: Joan and Don 410-
778-5308 or Sheila 410-778-9273

Dover: Jim 302-654-6833

New Castle County

Newark: Jim 302-654-6833

Wilmington: Jim 302-654-6833

Wilmington: Delores 302-286-
1161 or June 610-265-1594

MINNESOTA

Blue Earth County

Mankato: Lisa 507-278-4022

NEW YORK

New York City

Manhattan: Joyce 917-445-2399

NORTH CAROLINA

Durham County

Durham: Steven 919-489-3226