

In-Person Support Groups Suspended



Phone-in Group Instructions Below

In order to protect the health of all the participants in our support groups, MHA is temporarily suspending the in-person support group meetings. We have set up a system so that groups will be able to participate and connect with each other by phone.

It's an easy process, and you don't have to have a smart phone or a computer to participate in the group.

- ◆ First, you call this number – **1-929-205-6099**.
- ◆ Someone will answer, “Welcome to Zoom. Please enter your meeting identification number, followed by the # sign.”
- ◆ The **meeting ID is 736 283 742** for the Bipolar groups, the Anxiety, Panic and OCD group, the D.A.W.N. group, and the Borderline Personality group.
- ◆ The **meeting ID is 119 431 399** for Finding Our Way.
- ◆ After you enter this, you will be asked to enter a participant ID, or if you don't have one, just press #.
- ◆ You won't have one, so just press #.
- ◆ You will be notified that you have joined the meeting, and then you will be able to speak with the other members of the group!

If you have questions, please feel free to call MHA between 10:00 AM and 3:00 PM.

Best wishes for all of your health and safety!