

Off-Campus Support Groups

Looking for support groups in the Greater Puget Sound area? We have listed a few mental health and illness resources below located near our 3 campuses (Bothell, Seattle, and Tacoma).

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UW Medicine

[UW Medicine offers support groups and classes](#) at Harborview and UW Medical center on a variety of topics. They are free unless otherwise noted. (Currently Held via Zoom as of August 2022).

NAMI (National Alliance on Mental Illness)

[Eastside Support Groups](#)

Visit this [link](#) to view their online offerings:

- Peer Support Groups for people living with mental illness
- Family Support Groups for family and caregivers of people with mental illness
- Spirituality Support Groups offering non-denominational support groups for people living with mental illness, their family, and loved ones
- Other support groups available
- (Currently Held via Zoom as of August 2022).

[Seattle Support Groups](#)

Visit this [link](#) to view their online offerings:

- LGBTQ+ Support Group open to anyone identifying a lesbian, gay, bisexual, transgender, queer-identifying, and other folk
- Black, Indigenous and People of Color Support Group open to all BIPOC individuals looking for mental health support
- Family Support Group for family and caregivers of people with mental illness
- Other support groups available

Depression and Bipolar Support Alliance (DBSA) of Greater Seattle

Groups open to all people with depression or bipolar disorder and their friends and family. [Visit the website](#) for the meeting schedule and to check for last-minute changes. (Currently Held Online as of August 2022).

Eastside CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder)

[Visit the website](#) for the meeting schedule, and to [find other CHADD chapters](#). (Currently Held via Zoom as of August 2022).

Alcoholics Anonymous

The chapters closest to Bothell are:

Greater Seattle Intergroup

- Seattle, WA.
- Phone (24-hr): (206) 587-2838
- Website: [Greater Seattle Intergroup](#)

Sno-King Intergroup

- Mountlake Terrace, WA.



- Phone: (425) 672-0987
- Website: [Sno-King Intergroup](#)

Eastside Intergroup

- Bellevue, WA.
- Phone: (425) 454-9192
- Website: [Eastside Intergroup](#)

Central Office of AA - Snohomish County

- Everett, WA.
- Phone: (425) 252-2525
- Website: [Snohomish District](#)

Al-anon and Alateen

Support, help, and hope for friends and families of alcoholics.

- Greater Seattle
 - [Find a local meeting](#)
 - (Currently Held via Zoom as of August 2022).
- List of Family Groups
 - [Find a meeting](#)
 - [\(Currently Not Meeting as of August 2022\)](#)

Overeaters Anonymous

[Visit the website to find a local meeting.](#)

Narcotic Anonymous

- NA Seattle
 - [Find a local meeting](#)
 - (Currently Held via Zoom as of August 2022).
- NA World Services
 - [Find a meeting](#)