

MEETINGS

We meet every Tuesday and Friday,
from 7:00 p.m. to 8:30 p.m.

Meetings are held at:

St. Paul's Episcopal Church
745 South Palm Street
Jesup, Georgia

From downtown Jesup:

Take Cherry Street south (towards
Brunswick). Look for Palm Street at the
New China Restaurant, and turn right.
Drive straight through two intersections
and the St. Paul's Episcopal Church will
be on the left.

The St. Paul's Episcopal Church
graciously allows our group to use its
meeting room. We are not affiliated
with the church or any other religious
organization.

Statement on Confidentiality

This group respects the confidentiality of all
members, as well as any guests or visitors.
Names, phone numbers, or any other
personal information are treated as
confidential to the group.

What is said in the group stays in the group.

Jesup Depression and Bipolar Support Group

<http://depressed.xantee.com>

email: marthajane@xantee.com

September 2005

People helping people.
Without fees, dues, or contracts.

Jesup Depression and Bipolar Support Group



For people who are affected by:

Depression

Bipolar Disorder

Anxiety Disorder

Obsessive-Compulsive Disorder

Schizophrenia

Any mood disorders

ABOUT OUR GROUP

We are a non-profit support group for persons or families who suffer from depression, bipolar disorder, and other related mood disorders or mental illness. There are no professionals in our group, the members and facilitators of our group draw from our unique experiences to help each other find ways of coping. There are no dues or fees (donations are welcomed). Newcomers are always welcome. We are based in Jesup, Georgia, but do not limit members to Jesup or Wayne County.

Our sponsoring agency is the Wayne County Mental Health Association. We have no official affiliations with any mental health providers or institutions.

PEOPLE HELPING PEOPLE

As a support group, we exist to support each other.

We provide and discuss information on mental illness and its effects on us and our families.

We share coping strategies that help us get through with our daily activities.

We are able to discuss our problems and setbacks with our peers.

We find hope and inspiration and share it with our peers.

We've been there. We can help.

FOR MORE INFORMATION

Feel free to call one of our members for more information:

Larry or Shirley Coleman: (912) 586-2617

Nina Howerton: (912) 427-9281

Angela Brisendine: (912) 579-6653

THE WAYNE COUNTY MENTAL HEALTH ASSOCIATION

Interested in local mental health issues? The Wayne County Mental Health Association meets the first Friday of every month at 9:00 a.m., also at the St. Paul's Episcopal Church. New members are wanted. Come to a local meeting, and bring a friend.