



# VIRTUAL ANXIETY AND DEPRESSION SUPPORT GROUP

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Connect with others who understand what you're  
dealing with.

Receive support and support others.

No formal diagnosis required.

**EVERY WEDNESDAY @ 6:00 PM**  
**VIRTUAL MEETINGS THROUGH ZOOM**  
Email Lacey to sign up at  
[lholt@mhanortheastindiana.org](mailto:lholt@mhanortheastindiana.org)

(260) 422-6441    [info@mhanortheastindiana.org](mailto:info@mhanortheastindiana.org)  
[www.mhanortheastindiana.org](http://www.mhanortheastindiana.org)

**MHIA**  
Mental Health America  
of Northeast Indiana