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Finding Help

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Support Groups

Search below for a support group near you, or learn how to [start a support group](#). ADAA does not have listings in every U.S. state or Canadian province or territory but does have listings in [Australia](#), [South Africa](#), and for groups run [online or by phone](#).

Keyword (optional)	State or Province	Group ▲	Location
	<Any> ▼	Submit	
		Acting - Drama Therapy Workshop	New York, NY
		Agoraphobics Building Independent Lives (ABIL)	Tucson, AZ
		Agoraphobics in Motion (AIM) - Auburn Hills	Auburn Hills, MI
		Agoraphobics in Motion (AIM) - Dearborn	Dearborn, MI
		Agoraphobics in Motion (AIM) - Huntington Woods	Huntington Woods, MI
		Agoraphobics in Motion (AIM) - Livonia	Livonia, MI
		Agoraphobics in Motion (AIM) - Royal Oak	Royal Oak, MI
		Agoraphobics in Motion (AIM) - Warren	Warren, MI
		Anxiety & Panic Disorder Support Group	Sacramento, CA
		Anxiety & Stress Management Therapy Group	Atlanta, GA

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Please note: The listings above do not constitute an endorsement by ADAA of the support group, individual group leader, or affiliated institution or organization. ADAA does not endorse the use of a support group as a substitute for proper diagnosis and treatment. Please check with your health care provider about the benefits of joining a support group as part of an overall treatment regimen.

To get your support group posted or to update group information, [send an e-mail](#).

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Silver Spring, MD 20910

240.485.1001

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The Anxiety Disorders Association of America (ADAA) is a national nonprofit organization dedicated to the prevention, treatment, and cure of anxiety disorders and to improving the lives of all people who suffer from them.



Health Impact Award

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