

Getting starting with the online Support Group forums at Psychcentral.com

1. Go to <http://forums.psychcentral.com/>

Or starting from the home page of <http://psychcentral.com/> go to menu Research & Resources, selecting Forums & Support Groups



2. You will see this message:

Welcome to the **Forums at Psych Central!**

You are currently viewing our boards as a guest which gives you limited access to view most discussions and our other features. By joining our **free** community you will have access to post topics, communicate privately with other members (PM), respond to polls, upload content and access many other special features. Registration is fast, simple and absolutely free so please, [join our community today!](#)

3. Click on “Join our community today” to create an anonymous user account. After filling out the online form, you will get an email to validate your account and then you can begin posting. Your posts will be moderated for safety and appropriateness, in consideration of all those using the forums. Because of this, there is a delay between submitting your post and seeing it go up.

Disclaimer: “The material on this site is for informational purposes only, and is not a substitute for medical advice, diagnosis or treatment provided by a qualified health care provider. **Always consult your doctor or mental health professional before trying anything you read here.**”

Forums as of April 2015:

- Addictions
- Adult Children of Alcoholics
- Anxiety, Panic and Phobias
- Autism and Asperger’s Syndrome
- Attention Deficit Disorder (ASS/ADHD)
- Bipolar
- Depression
- Dissociative Disorders
- Eating Disorders
- Learning Disorders
- OCD
- Personality Disorders
- Post-Traumatic Stress
- Schizoaffective Disorder
- Schizophrenia and Psychosis
- Self Injury
- Somatic Disorders
- Survivors of Abuse

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