

## Support Groups for Emotional Difficulties

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact Email

info2gh99jsd@emotionsanonymous.org

Self Refer

Yes

Emotions Anonymous International

<http://emotionsanonymous.org>

Main

(651) 647-9712

P O Box 4245

55104 MN

United States

Fee Structure

No Fee

Languages Spoken

English

Emotions Anonymous (EA) is a national organization which offers a 12 step program (similar to Alcoholics Anonymous). The fellowship is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. Depression, anger, broken or strained relationships, grief, anxiety, low self-esteem, panic, abnormal fears, resentment, jealousy, guilt, despair, fatigue, tension, boredom, loneliness, withdrawal, obsessive and negative thinking, worry and compulsive behavior are some of the emotions that bring people to the support group.

Call for a support program near your City - [Look for Meetings](#) EA respects the confidentiality of its members at all times. As a spiritual program, there is an emphasis on a higher power. EA is not a medical or psychiatric service, nor does it provide personal or family counseling. The leadership of the group rotates and is non-professional.

Service Area(s)

Nationwide