



Support Group

Guidelines

The Group Guidelines tell us how we are going to care for each other in the group. They provide the mutual consideration, acceptance and protection that are often hard to find in the real world. We will follow these guidelines at each meeting to create the sanctuary and safe place we need.

1. Start and Stop On Time
2. Time Limit for Check-In
3. Absolute Confidentiality
4. Be Respectful
5. Be Mindful of Others;
No Interrupting or Monopolizing
6. Keep the Conversation in the Present
7. Empathize with Each Other's Situation



Principles of Support

The Principles of Support represent what we are striving for as we struggle to come to terms with mental illness. This is our belief system regarding universal, necessary truths that guide and strengthen us when life deals us this particular challenge.



- We will see the individual first, not the illness.
- We recognize that mental illnesses are medical illnesses that may have environmental triggers.
- We understand that mental illnesses can be traumatic events.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma and do not tolerate discrimination.
- We won't judge anyone's pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthy.
- We accept we cannot solve all problems.
- We expect a future that is ours to shape.
- We will never give up HOPE.

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