



**National Alliance on Mental Illness**  
**[www.NamiGainesville.org](http://www.NamiGainesville.org)**

## **Support Group Guidelines**

- We are a group of people gathered together, sharing a common bond. We all have a friend, relative, or spouse suffering from a mental illness or an acquired neurological disability. We are here to help ourselves and others in our group by mutual sharing of our troubles, our understanding, our strength, and our wisdom.
- We listen, explore options, and give continued support; we do not prescribe, diagnose or give advice.
- We know that what we share is confidential, and that we have the right to remain anonymous if we choose.
- We promote the idea through mutual-help that we must learn to detach ourselves from problems that we cannot solve, and to **FOCUS ON MAINTAINING OUR OWN MENTAL HEALTH.**
- We share what we want to, and everyone has the right to pass on question of subject.
- It is important that we actively listen when someone is talking, and avoid having side conversations.
- We encourage "I" statements so that everyone speaks in the first person.
- Having benefited individually from group support, we realize that we can reach out and support others through our regularly active participation in the group.

### **SERENITY REFLECTION**

I seek serenity to accept the things I cannot change,  
Courage to change the things I can, and  
Wisdom to know the difference.