



Support Group Guidelines

- What is said here stays here. Confidentiality is a *requirement, not an option.*
- Raise your hand and wait your turn to be called upon.
- Use "I" language, that is, speak from your own experience. Do not give advice unless asked to do so.
- You do not have to share if you do not wish to.
- Set your cell phone ringer to vibrate, or turn it off entirely.
- Feel free to leave the meeting at any time, but please do so quietly.
- Everyone reacts differently to medications, so understand that one person's response to a medication does not necessarily tell you anything about how you will react to it.

Introductions

Please state:

- your **first name**
- your **diagnosis**
- your **mood**, *here and now*, on a scale of 0 to 10, where mood higher than 5 signifies *mania* and mood lower than 5 signifies *depression*.
- a **topic to discuss**

All the above items are optional, but please give your first name so we can address you.