



## Support Group Guidelines

1. **What is said here stays here.** This is the essential principle of confidentiality and must be respected by all.
2. **Raise your hand** and wait your turn to be called upon. No one person should monopolize group time.
3. **It's everyone's responsibility to make the discussion groups a safe place to share.** We treat one another with respect and kindness, and show compassion.
4. **Use "I" language**, that is, speak from your own experience. Do not give advice unless asked to do so.
5. **We don't diagnose or prescribe.** One person's experience with a doctor or a medication does not necessarily tell you how you will react.
6. **It's okay not to share.**
7. **Set your cell phone ringer** to vibrate, or turn it off entirely.
8. **If you need to leave the meeting, feel free to do so**, but please leave quietly.
9. **Please, no eating during the meeting.** It can be distracting to those trying to speak.

These guidelines are designed for the safety and protection of everyone in the support group.

If you feel you need extra help, please speak with a DBSA San Diego board member.

## Introductions

Please state:

1. your first **name**
2. your **diagnosis**
3. your **mood** – how you feel *here and now* – on a scale of 0 to 10, where mood *higher* than 5 signifies *mania* and mood *lower* than 5 signifies *depression*.
4. a **topic** to discuss

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