



DBSA

Depression and Bipolar
Support Alliance

DBSA Support Group Guidelines

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

■ **Share the air**

Everyone who wishes to share has an opportunity to do so. No one person should monopolize group time.

■ **One person speaks at a time**

Each person should be allowed to speak free from interruption and side conversations.

■ **What is said here stays here**

This is the essential principle of confidentiality, and **MUST** be respected by all.

■ **Differences of opinion are o.k.**

We are ALL entitled to our own point of view.

■ **We are all equal**

Accept cultural, linguistic, social and racial differences and promote their acceptance.

■ **Use “I” language**

Because we do not participate in support groups as credentialed professionals, we do not **INSTRUCT** or **ADVISE**. We however do share from our own personal experiences. We are unique individuals, and only we know what is best for our own health (along with our doctor’s recommendations). Example: “In my experience, I have found...”

■ **It’s o.k. not to share**

People do not have to share if they do not wish to.

■ **It’s everyone’s responsibility to make the discussion groups a safe place to share.**

We respect confidentiality, treat each other with respect and kindness, and show compassion.

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