# 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 means speak from your own experience. Do not give advice unless asked to do so.
5. **We don't diagnose or prescribe.** Each person's experience with a doctor or medication is unique and does not imply that your experience will be similar.
6. **It's okay not to share.** You do not have to have a topic. You also do not have to share your contact info with others.
7. **Set your cell phone ringer to vibrate,** or turn it off entirely. Please be mindful that using your phone during group can be distracting.
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.
10. **We are all here for mental health support** and in different stages of recovery. While we highly encourage socializing, we don't recommend dating other members of the group.

**\*These guidelines** are designed for the safety and protection of everyone in the support group. If you need extra help, please notify the group leader.

**\*Disclaimer** - DBSA San Diego support groups are not a substitute for professional medical help. If you are experiencing a crisis or mental health emergency, please contact your doctor, or the crisis line (800) 273-TALK, or 911 or go to your preferred hospital or ER.

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

# Introductions

Please state:

1. Your first **name** (or the name you'd like to be called)
2. Your **diagnosis**
3. Your **mood** - how you feel *right now* - on a scale of 0 to 10 (see pyramid), 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 at least give the name you would like to be called.