

Anne Arundel County Mental Health Support Group

GUIDELINES

We Believe

- We use name tags so that we can immediately relate to each other as you would a friend.
- We take attendance to record the group's size and as a legal safeguard for the leaders and the Severna Park Community Center. This information is not shared without permission of the affected person and is kept by the facilitator.
- We will protect the confidentiality of each person, and assure what is said in the group - stays in the group.
- We will use "I" statements as often as possible.
- We do not talk about persons who are not present.
- We all share the responsibility to make the group work by showing compassion and being non-judgmental.
- We are here to create an atmosphere of openness, trust, and support for each other, and not to be aggressive or show anger in words or actions - personal attacks are not acceptable.
- We are to allow each person to have the time to share their experiences.
- We respect the personal property of the members of the group and the Center.
- We trust that this group is a "Safe Place" for members to disclose their personal stories, fears, etc.
- We understand that the facilitator is a human being struggling like other participates, and IS NOT the expert. We can only share our experiences.
- We can help each other by maintaining a sense of humor and by attendance to the group meetings.

This guide is intended for you to keep as a reminder to continue to attend.

**If you need additional information or assistance, contact: Don 443-994-5410,
Steve 443-926-4670 or Kathy 410-451-1223**