

These are the Meeting Guidelines for a With Hope in Mind support group for family members, friends, and supporters of individuals with mental illness. Support groups for individuals with mental illness or combined groups (persons with illness & family members, friends and supporters) will have Meeting Guidelines inclusive of everyone in those groups.

Family Support Groups

MEETING GUIDELINES, *With Hope In Mind*

- 1. Meetings begin and end on time.**
- 2. Members are encouraged to use first and last names. To use only first names, or insist on being anonymous, implies that there is a shame in mental illness.**
- 3. Discuss the “here and now.”**
- 4. What is said in the group stays in the group. Who attends the group remains confidential.**
- 5. Be an active listener.**
- 6. Talk on a feeling level.**
- 7. Admit to your fears before trying to help others.**
- 8. Remember that honesty helps understanding.**
- 9. Everyone is given the opportunity to speak as well as the right to decline to speak.**
- 10. Advice and guidance are given when requested.**