

# Agenda

- Welcome
- Read  
**Group Guidelines and Principles of Support**
- Check In  
(1-2 minute limit. Participation is encouraged, but completely voluntary.)
- Group Discussion
- Closing

# Group Guidelines

1. Start and stop on time
2. Time limit for Check In
3. Absolute confidentiality
4. Be respectful
5. Be mindful of others; no interrupting or monopolizing
6. Keep the conversation in the present
7. Empathize with each other's situation

# Principles of Support

1. We will see the person first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses can be traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a future that is ours to shape.
12. We will never give up hope.

# Emotional Stages of Recovery

NAMI is here for you at every stage.

## I. Dealing with Catastrophic Events

Crisis/Chaos/Shock  
Denial; “Normalizing”  
Despair; Detachment

### Needs

Support  
Comfort  
Empathy for current situation  
Help finding resources  
Crisis management  
Reassurance  
Empathy for pain  
Permission to be numb  
Hope

## II. Learning to Cope

Anger/Guilt/Resentment  
Recognition  
Grief

### Needs

To permit and vent feelings  
Education  
Self-care  
Networking  
Skill training  
To let go  
To learn the system  
Hope

## III. Moving into Advocacy

Understanding  
Acceptance  
Advocacy/Action

### Needs

To restore balance in life  
Responsiveness from the system  
To find meaning  
A sense of empowerment  
Activism  
Hope