

Our mission is to offer hope and anticipation of recovery to people suffering Clinical Depression or Bipolar Disorder by providing attention from interested people who are able to help and support each other. Together we hope to reduce the pain of alone feelings.

Welcome to each person here and thank you for coming. We know it's not easy. A mutual help support meeting such as this gives each one opportunity to be heard and understood and feel accepted. It helps to listen to others. Discussions of the way the depression or mania feels are the most helpful.

1. Our meeting will last about ninety minutes. The time to end will be signaled ten minutes before.
2. Check the sign-in sheets; you may wish to say how you learned of GROUP HOPE and you may wish to comment about the meeting.
3. Attendance does not require anyone to speak. Maybe at first you would say, "I Pass." We hope you gain comfort and acceptance.
4. As we talk, remember that what we say together stays here. Protect each other's confidence.
5. When we listen carefully we can respond gently and try to avoid interruptions.
6. We leave diagnosis and professional advice to our providers. We don't analyze anyone. Members may most effectively help each other by describing their own experiences.
7. Among members, for those who choose to do so, it is permissible to exchange telephone numbers and also to invite and meet each other for "coffee" after meetings or between meetings.

We hope for people to contribute their strengths to the group. Others here need to hear your story whether you are better or worse.