



## How to Describe a Support Meeting

Suggestions on how to express an effective and validating invitation to a mutual help meeting for depression and bipolar disorder: the skills of expressing the invitation have perhaps not fully evolved. Group Hope offers the following descriptions of a meeting.

A mutual help (sometimes called "support") meeting among persons suffering the black hole and worthless or even suicidal feelings isn't really just a "support group."

- It's the, "You're not the only one group."
- It's the, "Not like talking with family group."
- It's the group that, "Gets it."
- It's the group that, "Understands what we say here."
- It's the group where, "You're not alone."
- It's the group that knows the "Black Hole."
- It's the, "Say it and not be judged group."
- It's the "be around some safe people group."
- It's the "only reason to get out of bed group."
- It's the , "I care about them in the group...group."

It's the , "No one here thinks this is a personal weakness group."