Support Group Guidelines

The aim of these groups is to encourage maintaining good mental health and to overcome shame and stigma around mental illness

We do this by:

* Using “I” language rather than directive language
* Providing a judgement free environment
* Respect other people’s confidentiality
  + What is said here stays here
* Showing compassion
* Understanding that all emotions are ok

Thank you from

# LHAC Inc.



*“Let’s Have A Chat”*

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