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.

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