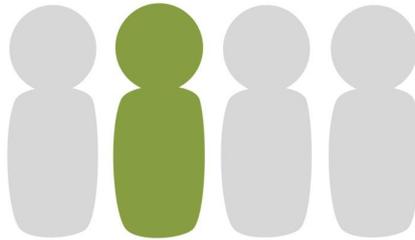


NO STIGMAS

Peer Group Orientation



We're glad you're here!

Thank you for joining the NoStigmas Peer Group! This group is a safe, helpful, and positive community of individuals which include these types of experiences:

1. Lived mental illness experience
2. Have a loved one that has taken his or her own life
3. Have struggled with suicidal ideation or attempted it
4. Consider themselves a caregiver to someone with mental illness



Please Remember

If you or someone you know intend to harm themselves or others **call 911** or **1-800-273-TALK (8255)**.

You can also visit <http://suicidepreventionlifeline.org>

We are **not** therapy or a replacement to a mental health assessment. Instead, we are a platform in which to build supportive relationships, discuss mental health issues, share stories, and collaboratively reach mental wellness goals. It is NoStigmas' goal to ensure that no one faces mental health challenges alone.



Purpose

According to the Mental Health Foundation, studies suggest that peer-run support groups can have a positive effect on a struggling individual, particularly with an enhanced self-confidence and improved social functioning.

We Are a Place to:

- Support one another
- Connect
- Build supportive relationships



Do's

A few tips for interacting with our group:

1. Share your experiences and show support.
2. Stay positive, encouraging, and inspirational.
3. Encourage others to build and maintain a strong support system and take ownership of their mental health.
4. Be attentive, respectful, and receptive.
5. Offer zero judgment.



Don'ts

Please Do Not:

- Give medical advice, criticize, force your opinion on others, put down health professionals or medical institutions, offer financial or legal advice, or be negative in any capacity.

The interactions of our group will be closely monitored by the NoStigmas team. If anything is deemed inappropriate, it will be removed.



Confidentiality

Unless an individual has mentioned hurting himself/herself or another person, everything that a person shares should be kept in confidence. In addition to that, be sure to not repost, share posts, or share the names of others in the community.



Welcome to the NoStigmas Peer Group!

We look forward to hearing your input and cultivating a community that supports mental health equality. We're glad you're here!

