



Depression and Bipolar
Support Alliance
Metro Detroit

GUIDELINES FOR DBSA SUPPORT GROUP MEMBERS

- 1. We respect and support other members of the group and encourage their ongoing attendance.**
- 2. The essential principle of confidentiality is followed: “What is said here stays here,” unless there is an immediate safety issue- for example, if a person is suicidal or a danger to others.**
- 3. One person talks at a time without interruptions. We agree not to monopolize group time or have side conversations. Please respect other people’s time.**
- 4. No one is required to speak, it’s o.k. to pass.**
- 5. We speak about what is of concern to us, using “I” statements, sharing what we know and feel from our own personal experience.**
- 6. We do not use profanity, insults, threatening or sexually explicit language or behavior.**
- 7. No one is allowed to participate in a group under the influence of alcohol or illicit drugs.**
- 8. We give no advice on specific medication or diagnoses. We know we are all different and these are issues between you and your mental health professionals.**
- 9. We give positive feedback whenever possible after members share.**
- 10. Differences of opinion are o.k. We strive to be non-judgmental and learn from others’ experiences.**
- 11. It is everyone’s responsibility to make the discussion group a safe place to share.**