Principles of Support

The Principles of Support represent what we are striving for as we come to terms with mental health disorders. This is our belief system regarding universal, necessary truths which guide and strengthen us when life deals us this particular challenge.

1) We will see the individual first, not the illness
2) We recognize that mental health disorders are medical illnesses that may have environmental triggers
3) We understand that mental health disorders are traumatic events
4) We aim for better coping skills
5) We find strength in sharing experiences
6) We reject stigma and do not tolerate discrimination
7) We won't judge anyone's pain as less than our own
8) We forgive ourselves and reject guilt
9) We embrace humor as healthy
10) We accept we cannot solve all problems
11) We expect a better future in a realistic way
12) We will never give up hope