

Frequently Asked Questions

What is our mission statement?

Mental Health Anonymous is a peer-run and peer-led support group of men & women.

Our recovery program consists of attending group discussions and working the spiritual guidelines & principles in order to recover from and heal our mental health.

The only requirement for membership is a desire to heal our mental health; no other requirements are necessary.

What is mental illness according to Mental Health Anonymous?

Mental illness is most of the time unrecovered trauma that we have from our past or present, something that we are dealing with that has not been resolved.

This manifests itself in various ways. One of which is our designated “mental illness”, a checklist of behaviors which tell us that something is “wrong”. This is different for each person.

An example in the way it manifests can be depression, anxiety, fearfulness, rage, avoidance, hyperactivity, low energy, mania, delusions, paranoia, and more.

How can Mental Health Anonymous help?

Mental Health Anonymous can help you recover from your mental illness by showing you that there is a Higher Power who

can restore you to sanity (step 2 in AA), requiring that you take a few simple steps first.

The first of which is admitting powerlessness over the behaviors that manifest and how they make our life unmanageable.

Is Mental Health Anonymous therapy?

Mental Health Anonymous is not a therapy group. Instead, we use recovery principles in order to attain mental health recovery.

However, we are not against using therapy for personal use.

Is Mental Health Anonymous for or against psychiatric medication?

Mental Health Anonymous aims to respect personal and individual choice regarding psychiatric medication. Therefore, we can share about our own personal experiences with psychiatric medication but we refrain from telling another person what works for them.

What can I expect from a Mental Health Anonymous group discussion?

Mental Health Anonymous group discussions use a script with timed shares and the chance for everyone speak and listen. It is not a typical conversation and we try not to talk over the people who are speaking. This is called crosstalk which we aim to keep at a minimum. The people who are sharing speak about

their own experiences and keep the focus on themselves unless it is a speaker meeting where someone who has knowledge in mental health recovery speaks for 10-15 minutes. In speaker and newcomer meetings, we can give feedback after the person shares if they allow it.

What is the recovery program?

The recovery program is a list of spiritual principles that we follow which can help us recover our mental health and live a normal, productive, and fulfilling life. We usually do this with our peer counselor. The beginning is always hard but once we get the hang of it the concepts become more intuitive and a working part of the mind.

How do I get started?

Please visit our website www.mhanony.com/group-discussions to find a group discussion either online or in person. We are excited to meet you!

Is there any other literature I can read in the meantime?

Yes, we have the newcomer packet, a link to recovery slogans and physical health, a trauma inventory worksheet, amends outline, prayers, meditations and more on our website at www.mhanony.com/recovery-program

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