

A Suggested Format for Conducting a Mental Health Anonymous Group Discussion:

1. INTRODUCTION

Welcome everyone! This is a regular group discussion of Mental Health Anonymous. My name is _____ and I will be your secretary this evening.

2. OPENING

Let us open the discussion with a moment of silence and a prayer for those people who are still suffering inside and outside of these rooms followed by the Serenity Prayer:

God, Grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

3. DESCRIPTION:

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.

Please join us in making this group a safe space for everyone to come together to feel united and heard.

4. RECOVERY PROGRAM & OTHER LITERATURE:

Our recovery program consists of the 4 levels. By first admitting powerlessness over our mental illness, we turn our will and life over to God, make an inventory, mend our relationships, and carry the message to others. Our website mhanony.com has more information on these levels along with the 7 spiritual guidelines and tools of the program.

5. PSYCHIATRIC MEDICATION & THERAPY

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.

MHA is not a therapy program but we also not against using therapy for personal use.

6. INTRODUCTIONS

Please introduce yourself by your first name only. If you are a newcomer, please introduce yourself as such. A newcomer is someone who is in their first 30 days of mental health recovery.

7. GROUP DISCUSSIONS:

Our group conscience states that we vote between these different types of discussions.

- a. Speaker Discussion: Someone who can speak about mental health recovery for 10-15 minutes and can choose to receive feedback after their share.

- b. Newcomer Discussion: A newcomer shares for 10-15 minutes on their experience with mental health and can choose to receive feedback after their share.
- c. Topic Discussion/Getting Current: Someone picks a topic to discuss and the shares have to relate to that topic or a general discussion where participants are able to get current and share what they've been going through with the group.
- d. Book Study: We read for 10-15 minutes on one of the recovery books from Avraham Twerski, MD found on our website at www.mhanony.com/content and then share on what we read.

8. TIMEKEEPER

Shares are between 3-5 minutes, depending how many people are at the meeting. Can we have a timekeeper?

9. CROSSTALK STATEMENT:

We do not engage in crosstalk unless it is a speaker or newcomer meeting and only after the person shared. This means we don't interrupt, talk over, ask questions, or engage in any other way with another person or their share. By doing this, we can create a safe space for everyone to feel validated and heard. At the end of the meeting or during fellowship, we can exchange numbers if we related to another person's share.

Sharing can begin now

10. GRATITUDE AND GOALS

Before we close the meeting, let's share for one more minute each on any gratitude and goal we have for this week. Who would like to start?

11. THANK YOU'S

Thank the Speaker or Chairperson as well as any others who read or shared.

12. ANNOUNCEMENTS:

Does anyone have any announcements pertaining to Mental Health Anonymous?

13. DONATION

Mental Health Anonymous is an entirely self-supporting organization, which includes our phone line, social media, printing out literature for our meetings, and other expenses we may have for our growing nonprofit. Please consider making a donation through Paypal or Cashapp to mentalhealthanony@gmail.com and we thank everyone for their support!

14. Peer Counselor

A peer counselor is someone who has worked the program of Mental Health Anonymous and can give it over to the newcomer. If you are available to be a peer counselor, please give out your phone number now.

15. CLOSING & ANONYMITY STATEMENT

In closing, the opinions expressed here were strictly those of the individual who gave them. Take what you like and leave the rest.

Also, anonymity is the spiritual foundation of all our traditions, ever reminding us to place “Principles before personalities.”

Let us take another moment of silence for the person still suffering inside and outside of these rooms followed by the serenity prayer.

God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the Wisdom to know the difference.

KEEP COMING BACK!

The discussion is now closed.