

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 recovery program designed to help us recover our mental health naturally.

We are a group of like-minded individuals who come together to discuss our mental health.

We believe that there is a spiritual solution that can solve our common problem through the 4 levels or the 12 steps which can be found on the Mental Health Anonymous website at www.mhanony.com

4. INTRODUCTION:

Are Mental Healthers addicted to anything?

Mental Healthers are addicted to our own negative, toxic thought patterns and behaviors and are therefore powerless over them. Whether we have a diagnosis or not, take psychiatric medication or not, we are perpetually sad, angry, or fearful; we can be dependent on drugs and alcohol, highly productive or unproductive, extremely social or completely isolated, experience other addictions like work, gambling, or sex. We focus primarily on negative outcomes, “what if”, and “what could be”. We have low boundaries in our relationships and are confused about what is healthy and what is not. When we first come into this program, we don’t understand that our thoughts drive our behaviors which is why we always feel so low and out of sorts.

What is the solution?

In Mental Health Anonymous, we believe that our Higher Power is the solution to all of our problems. By turning our will and life over to God (Higher Power), we can experience a spiritual awakening that can free us from our own perpetual negativity. We don’t have to suffer alone or in silence anymore. We have groups of likeminded individuals from all backgrounds who come together with a common goal. And that goal is to be free of their “mental illness”, to live a life of love and gratitude, to live in the solution, and to ultimately help others do the same. If this sounds appealing to you, please read on.

5. 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.

6. 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 that can be found on the Mental Health Anonymous website at www.mhanony.com/content and then share on what we read.

7. TIMEKEEPER

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

8. 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

9. 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?

10. THANK YOU'S

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

11. ANNOUNCEMENTS:

Does anyone have any announcements pertaining to Mental Health Anonymous?

12. 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!

13. Peer Counselor or Sponsor

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

14. 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. Fellowship can begin now