

The 7 Spiritual Guidelines of Mental Health Anonymous

1. The goal of each MHA group is unity and the only authority in each group is a loving G-d as he may express Himself in our group conscience
2. The only requirement for MHA membership is a desire to heal our mental health
3. Each group has its own rules on how to start and stop a meeting, the types of meetings they prefer, etc. and has but one primary purpose, to carry the message to others suffering with their mental health
4. The MHA group is not affiliated with any other organization and is entirely self-supporting
5. MHA doesn't employ any professionals like therapists or counselors; we are all equal under these guidelines, and MHA also does not have any authority or hierarchy.
6. MHA has no opinion on outside issues like therapy and medication and leaves it up to the individual themselves what is right for them.
7. MHA is based on attracting new members through recovery principles, as well as anonymity being the spiritual foundation of all our guidelines, ever reminding us to place "Principles before Personalities"