

MENTAL HEALTH
SUPPORT GROUP
COMMUNITY AGREEMENT

Keep Confidentiality

No Advice Giving

No asking for money

No Judgement

Keep on Track

No Cross Talk

Maintain a safe feeling

Listen and Treat each other with Respect



RESPECT



Wednesdays at 7 p.m.

Fraser Canyon Hospital
Lower Level
Conference Room

Hope, British Columbia

HOPE, COURAGE,
DIGNITY



**MENTAL HEALTH
SUPPORT GROUP**

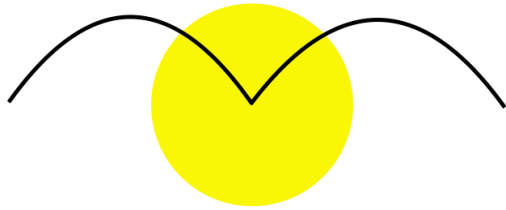
A safe place to share and be
encouraged

You are not the only one



WE ARE NOT ALONE

Together we can share positive tools and techniques that help us



LOGO EXPLANATION

Mental Illness can have implications when talked about with others. It is not always safe to talk. Mental Illness can divide and conquer.

Sometimes I have found myself curious and wanting to talk to someone about my Mental Illness. It seemed that they would be safe to talk to and be respectful and confidential.

One person draws a circle, the other person draws the outline of a bird in flight. It is a code that it is safe to talk about Mental Illness.

The logo signifies a safe place and safe people to talk about Mental Illness. Listen with respect and dignity without advice giving, unless asked for.

The logo is a circle of hope and unity for better Mental Health. May you find the courage to communicate.

