

## GUIDELINES FOR SUPPORT GROUPS

1. What is said here stays in the group. This is the essential principle of confidentiality and must be respected by all.
2. Wait your turn to be called upon. No one person should monopolize group time.
3. Please do not carry on other conversations without muting your line, be cautious of background noises such as dogs, children, and friends.
4. It's everyone's responsibility to make the discussion groups a safe place to share. We treat one another with respect and kindness and show compassion.
5. Use "I" language. That means speak from your own experience. Do not give advice unless asked to do so.
6. Each person's experience with a doctor or medication is unique and does not imply that your experience will be similar. Please do not share information about specific medications
7. It's okay not to share.
8. You do not have to share your contact info with others.
9. Please be mindful that using your phone during group can be distracting.
10. If you need to leave the meeting, feel free to do so, but please leave quietly.
11. Please, no eating during the meeting. It can be distracting to those trying to speak.
12. We are all here for mental health support and in different stages of recovery.

### DISCLAIMERS

\*Groups are subject to change at any time due to the COVID-19 and the needs of our members.

\*These guidelines are designed for the safety and protection of everyone in the support group. If you need extra help, please notify the group leader.

\*Clubhouse support groups are not a substitute for professional medical help. If you are experiencing a crisis or mental health emergency, please contact your doctor, or the crisis line (800) 273-TALK, or 911 or go to your preferred hospital or ER.

\*We encourage you to reach out to your current provider for additional support.

### Where can I stay up to date on the most recent information?

For more information about special events please join our community meetings daily or contact the clubhouse directly.

### Do I need group materials?

Please be prepared with a pen and paper. Groups will be structured in way that all members can participate without additional reference materials.

### What if I am not a member of the clubhouse?

Please contact the clubhouse that you would like to join and we will do an intake over the phone. In order to participate, you must be currently enrolled or interested in mental health treatment. We can help provide resources if you do not have a provider.



We now also have a closed Facebook group for our members to keep up with the latest announcements. Call clubhouse for details.

## INSTRUCTIONS FOR DIALING INTO PHONE SUPPORT GROUPS

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MAKE SURE YOUR PHONE IS  
FULLY CHARGED

FIND A QUIET AND  
CONFIDENTIAL SPACE

CALL THE NUMBER LISTED  
AND ENTER ACCESS CODE  
PROVIDED ON CALENDAR

LOG INTO THE GROUP A FEW  
MINUTES BEFORE THE START  
TIME IN ORDER FOR THE  
FACILATORS TO BEGIN ON  
TIME

IF YOU GET A BUSY SIGNAL,  
HANG UP AND TRY AGAIN

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PLEASE BE ON TIME

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WE ENCOURAGE YOU TO  
PARTICIPATE FOR THE FULL  
LENGTH OF THE GROUP

MARIPOSA CLUBHOUSE

760-439-2785

ESCONDIDO CLUBHOUSE

760-737-7125

Available by phone  
M-F 8 am – 4 pm

Call us for:  
Individual support  
resources, or questions.  
Suggestions are welcome