

PRINCIPLES OF SUPPORT

These represent what we are striving for, our touchstones and aspirations as we struggle to come to terms with serious mental illness. This is our belief system regarding universal, necessary truths which guide and strengthen us when life deals us this particular challenge.

1. We will see the individual first, not the illness.
2. We recognize mental illnesses are brain disorders.
3. We aim for better coping skills.
4. We find strength in sharing experiences.
5. We reject stigma in ourselves and others.
6. We won't judge anyone's pain as less than our own.
7. We forgive ourselves and reject guilt.
8. We embrace humor as healthy.
9. We accept we cannot resolve all problems.
10. We expect a better future in a realistic way.
11. We will never give up hope!