

Mental Health America of Lancaster County Support Group Observation Guidelines

- Call MHALC ahead of time to let us know what group you will be observing. (717) 397-7461
- There will be no more than 2 students at a time observing any group.
- Please arrive a few minutes before the start of the support group. If you HAVE to leave early please let the group know when you are introduced.
- Introduce yourself to the facilitator and explain that you are observing. The facilitator will introduce you to the group in the beginning.
- These groups are strictly confidential and anything that is discussed in the group should not leave the group.
- Try to get the most out of this experience. Attend a group about an illness that may be more personal to you, whether you know someone with the illness or you yourself have experienced symptoms. Feel free to share if you are comfortable.
- Do not take notes during the support groups. If you need to use a surrounding room afterwards please feel free to do so.
- Remember to turn your cell phone OFF. It can be very disruptive and is disrespectful to the rest of the group attendees.

Brief Descriptions of Each Group – Most groups meet in the Community Services Building on 630 Janet Avenue. *Please note room assignments sometimes change, but there will be signs directing you to the new room.

Bipolar Discussion Group – This is our largest group with anywhere from 8-15 persons with the illness, and support persons attending. It is a discussion group where they share and listen about bipolar disorder. Facilitator is Robin.

Bipolar Educational Group – This is our largest group with anywhere from 8-15 persons with the illness, and support persons attending. It is a peer-led educational group with various topics surrounding bipolar and mental health. Facilitator is Robin.

Bipolar Support Group – This group is held at Hempfield United Methodist Church on the corner of Marietta Avenue and Stony Battery Road. This group is typically 10-24 people. They discuss the ups and downs of bipolar disorder. Lunch is served. Facilitator is Gretchen.

Finding Our Way Group – This is a group of people who share a common goal. That goal is to make our way through depression and live a life of peace and serenity. By joining the fellowship, we have found that we can be ourselves and work together with people who truly understand what we are going through because they are going through it too. Though we may be at different stages in our recovery, through the group, we can begin to help ourselves by helping those that are still suffering. Facilitator is Lori.

Women's Depression Support Group – This group is smaller, with anywhere from 5-10 ladies attending. Women only may observe this group. Facilitator is Nancy.

Anxiety, Panic, and Obsessive Compulsive Disorder – This group has anywhere from 7-15 people with one or more of these disorders and supporters that attend. ***They do not like having anyone observing their group***, but if you yourself have any problems with any of these illnesses or have a family member with these illnesses you may attend the group. Facilitator is Brad.

