

## OVERVIEW

Mental health conditions are common. Speaking up and asking for help is a sign of strength. It's amazing how much support a person can get just by asking.

Mental health challenges are no one's fault. They develop for complicated reasons that researchers are only starting to understand. But there are many studies that explain how one can live well with a mental health condition—and take the power and steps necessary to improve your mental health.

In this peer support group, a trained facilitator (NOT a licensed mental health worker) will offer a safe, supportive, and confidential place where one can share knowledge and resources, ask questions, and meet others who have been “In the Land Between.” Members will be given the opportunity to connect with peers, share and listen to each other’s personal experiences and stories, watch and discuss Ted Talks and other readings. Hopefully these sessions will help to empower each other, build relationships and offer peer support.

## SIGNIFICANCE OF A LABYRINTH



With a mental health concern, many often feel as if they are walking along a labyrinth ... "In the Land Between." A labyrinth has only a single non-branching path, which leads to the center -- the heart -- then back out the same way, with only one entry/exit point. The path is one of intuition and faith, and it always involves risk. The path is full of creativity and surprise.

You are invited to walk this labyrinth with other peers, in hopes of finding your way. These will be “open groups” (meaning ... come when you are able, on the day and time that these groups are being offered).

## DISCUSSION TOPICS

Vulnerability - Our ability to empathize, belong, love.

Mindfulness – Life skills to handle stress --- and everything else

Listening – The best way to help each other is to really learn how to listen

Telling Our Stories - The power that our own life stories have as we tell others

Depression – What it is and why is it important to understand

Stigma – How to work on overcoming this with mental health issues

Uniqueness - We each bring different gifts to this life

Braving the Wilderness – Learning how to speak “truth to power”

Resilience - The process of learning to adapt well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

