

The Revised Share/Care Guidelines

MDDA-Boston brings together people coping with mood disorders to support each other through sharing and caring.

We share with each other our feelings, experiences, and coping strategies.

We care for each other by listening with empathy, speaking in turn, and not monopolizing.

We respond to each other with compassion and dignity.
We do not advise, judge or discriminate.

No one has to speak, but when we do, we speak in "I" statements, sharing only our own experience and personal knowledge.

Because each of us has unique responses to medication, therapy, and lifestyle changes, we are careful not to impose our own views on others.

To make this place safe for all to take part,
we ask that anything anyone reveals be kept confidential.

If a member disrupts the group, or needs more than the group can offer, the facilitator may have someone provide individual attention.

Our support groups are not therapy groups. Our facilitators are not therapists, but volunteers trained to maintain the integrity and safety of the group.