



FAQ - Support Group

What is support group?

A support group is a non-judgemental space for expression. Here people going through similar mental health conditions come together and share their experiences. Through the shared experiences people can learn other ways of coping in day to day life.

What is the structure of Support Group?

Support group sessions are usually conducted in person or online and usually led by a facilitator which can be a psychologist or a social worker. The sessions are conducted twice a week or month depending upon the need of the members. Activities are also conducted to help the members explore more ways of coping.

What kind of support will I get in the support group?

Support group can help client get information about the diseases, coping mechanisms, sense of belongingness with the ones who are going through similar problems. Talking with people going through similar problems helps to manage the heavy emotions attached with the illness. Through the shared experiences people can learn more and help other people.

Do I need to share my story? Is it a safe place to share my experience?

The purpose of the support group is to share experiences. So any experience that the client is comfortable sharing can be shared in the group. This will help the other members in a way as they learn from each other's experiences.

Support group information is confidential and remains in the group itself. Nothing is shared outside for any other purpose.

What is the cost of these support group session?

Most of the time support groups are free of cost or minimum charges are taken to run the group.

How long the sessions will be conducted?

Generally, one to one and half hour sessions are conducted.