

Self-Help Groups

Benefits of Self-Help Groups

- Improves quality of life
- Provides mutual support, practical help, and information
- Provides an opportunity to understand a diagnosis/condition/concern
- Allows people to connect with others experiencing the same predicament

Limitations of Self-Help Groups

- Does not replace information/advice provided by your doctor
- Information/experiences shared in the group may not be relevant to all members
- Individuals need to be self-motivated to attend and benefit from self-help groups
- Not every self-help group benefits every individual
- Does not diagnose, prescribe, or give medical advice

*** Self-Help Groups are an external resource
- any changes to behaviours or medications
should be discussed with your physician***



Self-Help Connection

www.selfhelpconnection.ca

63 King Street, Dartmouth, Nova Scotia, Canada

Tel (902) 466-2011 Toll Free: 1-866-765-6639

Email: selfhelp@eastlink.ca

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