

**Are you ready for a Self-Help Group?
Self-Appraisal Checklist**

- Are you in need of support to stabilize your situation?
- Do you have questions regarding your diagnosis or issue of concern?
- Are you interested in learning more about your diagnosis or issue of concern?
- Are you finding yourself isolated due to a diagnosis or situation you are experiencing?
- Are you self-motivated and willing to change/cope/adapt to a diagnosis or situation?
- Are you looking to discuss your feelings/emotions with individuals who have gone through a similar situation in a confidential environment?
- Are you willing to abide by the guidelines and regulations set forth by a self-help group, including that of confidentiality, respect, etc.?
- Do you understand that information/experiences gained at a self-help group may not be relevant to your particular situation or exact diagnosis?
- Are you willing to consult your physician with any new information gained at group meetings?
- Are you aware that the Self-Help Connection is a non-profit organization that specializes in navigating patients to community resources including self-help groups across the province?

If you checked any of the above statements, a self-help group may be the resource you need. Contact the Self-Help Connection, your physician, or consult the Self-Help Group Directory for more information.

"You alone can do it, but you can't do it alone."

Helping People Help Themselves

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