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.”