

Is Your Patient Ready for a Self-Help Group?

- Is your patient in need of support to stabilize his/her situation?
- Is your patient in a mind-set in which he/she are ready to get help? If not, do you believe he/she is on his/her way to achieving this mind set in the near future?
- Do you believe self-help has benefits, and have you discussed this with your patient or provided him/her with information about self-help or the Self-Help Connection?
- Are you willing to help your patient work through issues that may come up as a result of his/her participation in a group (ie. verifying information)?
- Does your patient's diagnosis or issue of concern entail changes in behaviour and/or lifestyle?
- Are you (as the physician) the only current source of support for this patient?
- Do you know about local groups, and are you willing to refer your patient?
- If there is no group available locally, are you willing to suggest that your patient contact Self-Help Connection for further information?

If you answered yes to any of the above statements, suggest your patient contact the Self-Help Connection or consult the Self-Help Group Directory for more information on self-help groups and self-help resources.

Remember, the job of the group is not to go deeply into issues, but to offer support and practical help from lived experience as your patient heals. Your patient may never find a better place than a self-help group to learn about boundaries, safety, to explore their inner lives, and to recover.

Helping People Help Themselves

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