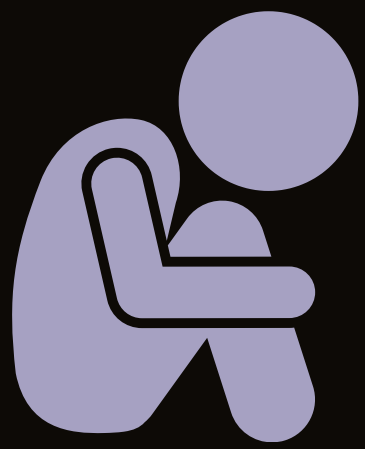


SILENCING THE STIGMA: SELF HELP & PEER GROUPS

FIGHTING ISOLATION

ISOLATION DUE TO STIGMA AND DISCRIMINATION CAUSES SOCIALIZATION ISSUES. PEER GROUPS WITH SHARED COMMON EXPERIENCES LEAD READILY TO THE FORMATION OF SOCIAL RELATIONSHIPS.

1



2

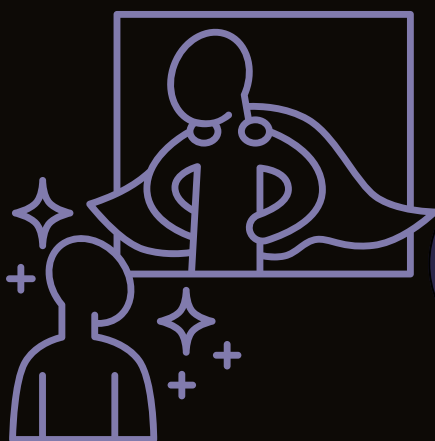
HELPED TO HELPER

ALWAYS BEING HELPED CAN MAKE ONE FEEL HELPLESS. BEING A HELPER IS NOT ONLY VALUED IN SOCIETY, AND LEADS TO BETTER SELF-ESTEEM. AND GOOD SELF-CONCEPT. IT ALSO PROVIDES BUFFER FROM THE PRONE ANXIETY FEELINGS.

IMPACT OF EXPERIENCE

PEER GROUPS RELY UPON THEIR SPECIFIC WAYS OF COPING WITH MENTAL ILLNESSES AND SHARE THEM GOOD OR BAD FOR THE EXPERIENCES THEY PROVIDED.

3



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ROLE MODELS

THOSE WHO SUCCESSFULLY COPE WITH THEIR MENTAL HEALTH SITUATIONS ARE A BEACON OF HOPE FOR THOSE WHO ARE LESS SUCCESSFUL BUT CAN ASPIRE TO GROW

MEANINGFUL STRUCTURE

PEER SUPPORT & SELF-HELP PROVIDES MEANINGFUL STRUCTURE FOR PEOPLE WHICH IS NOT IMPOSED FROM OUTSIDE AUTHORITY BUT SELF-GENERATED FROM THE GROUP THEMSELVES

5



CONCLUSION

HAVING COME TOGETHER TO SHARE THEIR COMMON EXPERIENCES PEER GROUPS GAIN SUPPORT, ENCOURAGEMENT, AND A WISDOM TO MOVE FORWARD DURING A TIME OF STRUGGLE TO FIND MEANINGFUL PURPOSE IN LIFE

"THE MOST IMPORTANT AND VALUABLE THING YOU CAN DO FOR A PERSON WHO IS HAVING A TOUGH TIME IS LISTEN" -PARKER L. PALMER

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