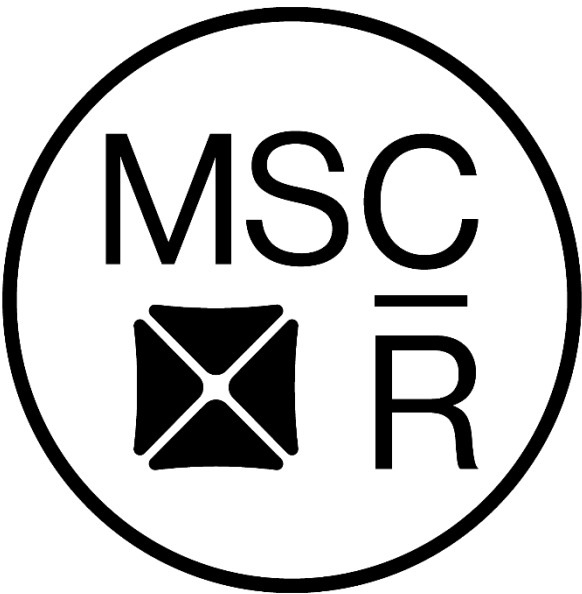


Small Group Guidelines

- 1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
- 2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
- 3. We are here to support one another. We will not attempt to “fix” one another.
- 4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
- 5. Offensive language has no place in a Christ-centered recovery group.



MENTAL HEALTH
Issue Pamphlet

Accountability Team Phone Numbers

Sponsor_____

Accountability Partners

Exploring Mental Health

Fifty percent of all adults will experience some form of mental health issue in their life. [Centers for Disease Control and Prevention] This can mean different things to different people. Ultimately, the list of the different types of disorders is too large for one informational sheet.

Celebrate Recovery is...

- a safe and loving place for those seeking to find support in the midst of a mental health issue or dual diagnosis.
- willing to support mental health through Christ-centered accountability and sponsorship.
- a safe place to work through all of life's hurts, hang-ups, and habits believing that freedom in Christ is something that can be complete even without physical healing.

What we are not.

- A place for judgment.
- A replacement for counseling and therapy.
- A place that gives up on HOPE!

Characteristics of someone struggling with Mental Health may include, but are not limited to:

- An ongoing condition that affects mood, behaviors, and thinking patterns which may cause suffering and/or may interfere with a person's ability to function with typical daily activities on a frequent basis.
- Just like any other organ in our body, our brains are subject to malfunction from time to time. In the same way that a heart, lung, or kidney can malfunction, our brains can malfunction. This can lead to feelings of devastation, anger, or loneliness, for example. Often the result is a feeling of isolation, loss of control, and hopelessness.
- Frequently, to ease these overwhelming emotions, people will use unhealthy coping skills. This can be through unhealthy relationships, at-risk behaviors, substance abuse, etc.

Characteristics of someone recovering from Mental Health issues may include, but are not limited to:

Celebrate Recovery cannot promise physical healing from your mental health issues, no more than it can promise healing from cancer. What we can offer you is this:

Through the loving grace of Jesus Christ, we do not have to live under the assumption that we have no hope.

In 2 Corinthians 12:9 we see God telling us, *"My grace is sufficient for you, for my power is made perfect in weakness."* This tells us that when we are feeling weak, God steps in to fill the gap for us if we let Him.

Celebrate Recovery is a tool to help us experience the freedom that comes when we allow God to stand in the gap for us. Utilizing the 12 Steps of Recovery and their biblical comparisons, along with the 8 Principles based on the Beatitudes, we allow God to work in our lives.

In Step 3, "We made a decision to turn our lives and our wills over to the care of God." When we stop trying to get by under our own power and give that control over to God, we start living under His power. His "perfect power" offers healing and hope from life's hurts, hang-ups, and habits.

God gives us the ability to come out of the darkness that weighs so heavily on us.

We can feel what it is like to walk through life with hope for a better tomorrow.

We can start building relationships with others that are healthy.

We learn positive tools for coping with frustrations and then incorporate these tools into our lives.

Living with mental health issues can be difficult. There is no denying that fact. Living with mental health issues does not have to be a lifelong sentence of misery. **You do have hope for a better tomorrow. By living one day at a time, one moment at a time, you can find peace. You can live a life that is extraordinary.**