

## Welcome Depression Group Meeting

\*Secretary in blue

Good evening and welcome to the Monday 8pm meeting of the Depression Support Meeting. My name is \_\_\_\_\_ . This is a meeting for people that are dealing with the problem of depression. We share information and personal experiences in a supportive environment to promote awareness and to say how we feel and to be supported by each other. The more we know about our condition and the more support we receive the better we are able to manage our depression and lead a more satisfying life.

Would the person asked please read the GUIDLINEES FOR THIS MEETING?

### GUIDELINES FOR THIS MEETING

For the support of all our members, we ask you to abide by the following guidelines:

- 1. We speak only of our own feelings and experiences. We do not tell others what they should or should not do, but we may share our own feelings and perceptions.**
- 2. Try and keep your sharing in the personal "I". Examples: I feel strong when I speak about my feelings; I know that I get frustrated easily.**
- 3. When someone else is sharing we silently sit and listen. We do not interrupt for questions or comments while someone is sharing. We exercise consideration of others.**

4. **As you share and listen, please give others the courtesy of understanding and accepting them.**
5. **We respect the privacy of everyone here. The things you hear here are spoken in confidence and are not to be repeated elsewhere.**
6. **Referring to somebody else's share is permitted in this meeting, but only after a person has finished sharing.**
7. **No aggressive or disruptive behavior is permitted.**
8. **The opinions expressed are strictly those of the person who gives them. Take what you want and leave the rest.**

{THANK YOU}

Would the person asked please read **WHAT IS A DEPRESSIVE DISORDER?**

### **WHAT IS A DEPRESSIVE DISORDER**

**A depressive disorder is a “Whole-Body” illness, involving your body, mood and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be wished or willed away. People with a depressive illness cannot merely “Pull Themselves Together” and get better! Without treatment, symptoms can last for weeks, months or years. Appropriate treatment however, can help most people who suffer from depression. Some symptoms of depression are:**

1. Sadness of energy
2. Loneliness hopelessness
3. Irritability
4. Anger
5. Fear decisions
6. Feeling overwhelmed withdrawal
7. Low self esteem things
8. Feelings of guilt normally
9. Feelings of worthlessness
10. Lethargy and lack
11. Feelings of
12. Feelings of despair
13. Inability to concentrate
14. Inability to make
15. Isolation and
16. Lack of interest in most
17. Inability to function
18. Suicidal thoughts

**A certain amount of sadness is natural but when that sadness doesn't go away, that is depression. The good news is that you can do something about it. First, you've got to recognize that it's an illness not a character weakness. Once you take steps to do something about it, the odds of getting over it are heavily in your favor. According to the National Institute of Mental Health, symptoms can be relieved in 80 percent of people with serious depression. So you can climb out of depression!**

{Thank You}

[Would the person asked please read HOW IT WORKS?](#)

### **HOW IT WORKS**

**If you are hurting and would like to change, you are probably willing to try anything that will help. Our stories tell how we once were, how we used the Twelve Step Program, and what we are like now. These steps are:**

- 1. We admitted we were powerless over depression – that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God as we understood God.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**
- 7. Humbly asked God to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Made direct amends to such people whenever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory, and when we were wrong, promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with a power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as a result of these steps, we tried to carry the message to other depressed**

**people, and to practice these principles in all areas of our lives.**

**Some of these steps seemed difficult. We thought there must be an easier way but there was not. From the very beginning we urge you to be fearless and thorough in following these steps. Some of us tried to hold on to our old ways but found we could not grow in the program until we let go entirely.**

**We discovered through the program that God, as we understood God, helped us to comprehend and begin working these steps as completely as we could, to the best of our ability. Through daily practice of these steps we discovered ourselves. We grew emotionally and spiritually.**

{Thank You}

This is a support group for people suffering from depression. The purpose of this meeting is to address our needs. We hope that you will find the love and understanding and the safety and support you have been looking for. We also hope you will learn some tools to help you cope with depression.

Starting on my left, please introduce yourself by your first name.

It is now time for sharing. We divide the sharing into two sessions. The first session will last from now until 9:30 PM.