

# **PRINCIPLES OF SUPPORT**

- 1. We will see the individual first, not the illness.**
- 2. We recognize mental illnesses are brain disorders.**
- 3. We aim for better coping skills.**
- 4. We find strength in sharing experiences.**
- 5. We reject stigma in ourselves and others.**
- 6. We won't judge anyone's pain as less than our own.**
- 7. We forgive ourselves and reject guilt.**
- 8. We embrace humor as healthy.**
- 9. We accept we cannot resolve all problems.**
- 10. We expect a better future in a realistic way.**
- 11. We will never give up hope!**