Self-Help Group Exercise

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This exercise introduces students to the wide range of self-help groups that are in existence. Descriptions of hundreds of different self-help groups are available through the Self-Help Sourcebook Online (http://mentalhelp.net/selfhelp/). Print off descriptions of various self-help groups and distribute these to the students. Instruct the students to read over the descriptions and select one group to discuss at greater length. They can then answer the questions below.

Self-Help Groups Worksheet

Read over the descriptions of self-help groups given to your group. Discuss these groups and choose the one that you find most interesting or important. Answer the following questions about that group.

1. What makes this a self-help group? List the defining characteristics that are reflected in this description.

2. What benefits might a participant expect to get from this self-help group? List at least 3 benefits.