



Depression and Bipolar
Support Alliance

Peer Leadership Center

Support Group Discussion Topics and Questions

ANXIETY

1. If your diagnosis is bipolar disorder, how have you experienced anxiety?
2. If your diagnosis is depression, how have you experienced anxiety?

RECOVERY/WELLNESS

3. What does recovery mean to you?
4. What are three important aspects to maintaining your wellness?
5. What role does the hospital play in your wellness? How can the hospital better address your needs?
6. Relapse prevention: identifying triggers, support, mood chart, journaling

RESOURCES

7. What resources do you use or have you used? (Possible answers: DBSA, NAMI, free things to do, Meetup, community centers)

SILVER LINING

8. What is the hardest part about your mood disorder/mental health condition?
9. Follow-up question: What is the best part?
 - a. Do you see any benefits or silver linings to your condition? (Possible answer: insight, empathy, resilience)
 - b. What good has come from you being diagnosed with a mood disorder/mental health condition?

STIGMA

10. What do you do to fight stigma?
11. How does language affect the way people look at your mental health condition and the way you look at yourself?

SUPPORT

12. How did you first get help?
13. Follow up question: Where do you go to get help today?
14. What essential qualities do you need from your support team members (therapist, psychiatrist, family and friends)? (Possible answers: good listeners, treat me with respect, meet me where I'm at, remind me of my value, focus on what I can do rather than what I cannot do)
15. Follow up question: What are your responsibilities to your support team members?
16. What can your loved ones do to help you when symptoms of your mental health condition manifests?
17. Follow up question: What shouldn't your loved ones do?

SUPPORT GROUP

18. What can we do for new people at our meeting so they'll come back?
19. What do you think makes a good support group?
20. Why do you return to this meeting?
21. Knowing what you know today, what do you wish you had heard at the first support group you attended?



Depression and Bipolar
Support Alliance

Peer Leadership Center

22. If you were to invite someone to this meeting, how would you say about the support group to make them want to come?

THE BASICS

23. How does diet and exercise help you?
24. How can we eat better?

POTPOURRI

25. What do you do to get yourself out of bed when you're depressed?
26. How can dialectic thinking help ease some pain or suffering? Two extremes can exist at the same time. For example, I feel cold yet it is warm in here.
27. How do you deal with your mental health issue and working?
28. What would you say are the most common false assumptions, incorrect beliefs etc. about your mental health condition? Variation: what common false assumptions, incorrect beliefs did you have about your diagnosis? What common false assumptions, incorrect beliefs did others have about your condition?
29. Do you see clear distinctions between your mental health condition and your personality, or do you see your mental health condition as part of your personality? Explain your answer (why or why not).
30. Have you used any holistic techniques to manage your mental health condition including changes in diet, herbal remedies, and aromatherapy? If so, how effective do you find them? If not, are you open to trying them?
31. What tips and tricks do you have to get through hard days?
32. In a perfect world what kind of mental health supports would exist?
33. If you are sensitive to sound, what do you do?
34. How do you know when you're happy and not hypomanic?
35. How do you know when to trust your brain?
36. Why do we have different perceptions?
37. Explain some strategies you have used for dealing with depression.
38. What are some strategies you have used to deal with suicidal thoughts?
39. What have you done to come to terms with/make peace with your past prior to being treated for your mental health condition?
40. What does a schedule for success look like for you? How do you set up your schedule/time so that it works for you? For example, if you're not a morning person you don't schedule a half hour walk before you CAN and WILL be physically able to achieve it.