



INFORMATION ABOUT SUPPORT GROUP & BASIC FAQs.

What is a Support Group?

An online support group is like a cosy virtual hangout where people facing similar challenges gather to chat, share advice, and support each other. Led by a trained psychologist, these groups provide a safe space for people to open up without worrying about being judged.

You can choose whether to have your camera on or off based on what makes you comfortable.

Our goal is to make you feel like you belong and that you're not alone in this sometimes overwhelming world. During our 1 hour and 15-minute sessions, everyone gets a chance to share their stories, either by talking or writing.

After that, the psychologist(facilitator) helps everyone reflect on things that could be helpful to work on.

Benefits of Online Support group include:

- Increased feelings of connection
- Improved daily routines
- An increased likelihood of seeking professional help
- Feeling an emotional release by sharing their stories and experiences
- Feelings of validation
- Feeling less reliant on loved ones

On the more practical side, online support groups are more accessible than in-person groups and available to the extended population.



Process of Support Group:

Step-by-step process for participating in an online support group:

1. **Find a Suitable Group:** Explore the options available and choose the one that best suits your needs.
2. **Register or Join:** Sign up by filling out a form and completing the payment process. Once done, you'll receive a meeting link for your chosen group.
3. **Prepare for the Session:** Make sure you have a stable internet connection and a quiet, comfortable space for participation. Familiarise yourself with the online platform if needed.
4. **Join the Session:** Log in to the online platform at the scheduled time to join the support group session.
5. **Introductions and Guidelines:** Our session facilitator will introduce herself and provide guidelines for participation, including respecting privacy and maintaining confidentiality.
6. **Sharing and Listening:** Share your experiences and listen to others' stories, thoughts, and feelings on the topic being discussed.
7. **Engage in Discussions:** Participate in discussions with other members, offering insights, advice, and empathy.
8. **Receive Support:** Receive support from fellow participants and the facilitator throughout the session. Don't hesitate to ask questions or seek clarification.
9. **Wrap-Up and Next Steps:** The facilitator will summarise key points and provide guidance on next steps or additional resources for further support.
10. **Follow-Up:** Consider reaching out to participants or the facilitator for further support or connection. Mark your calendar for future sessions or explore other support group options.



Links for the support groups:

- Support group for International Student- [Learn more](#)
- Support group for Millennials- [Learn more](#)
- Support group for students in India- [Learn more](#)

FAQs

- What will happen once I register?

Once you register, you will receive a confirmation email and meeting link within 12 hours. If you do not receive, kindly mail at contact@sayyestotherapy.com.

- What is the qualification of the facilitator?

Our facilitator- Harshita Sharma. ([learn more](#)).

- What if I miss the session, can I get a refund?

Unfortunately, there are no refunds, but we can offer you a slot for the next session. Please note that you can only skip once; if you are unable to attend two consecutive sessions, we will not be able to provide a refund or reserve a slot for the following session.

- Apart from the support group, do you provide therapy?

Yes, we do. You can book an individual or a couple session from our website- www.sayyestotherapy.com