

Women's Federation for World Peace SR-5 "Self-Care Isn't Selfish" Series

Reference List for "How Can a Support Group Be Part of Your Self-Care Strategy?" by Donna Avey

1. <https://www.pathforward.org/self-care-is-not-an-indulgence-its-a-discipline/> Tami Forman, April 11, 2019. (Appeared in Forbes in 2017).
2. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655#:~:text=Benefits%20of%20support%20groups&text=Feeling%20less%20lonely%2C%20isolated%20or,skills%20to%20cope%20with%20challenges>
3. <http://davidsusman.com/2015/04/23/9-benefits-of-support-groups/>
4. <https://ctb.ku.edu/en/table-of-contents/implement/enhancing-support/peer-support-groups/main>
5. <https://www.thisiscalmer.com/blog/5-stages-of-burnout>
6. https://en.wikipedia.org/wiki/Parable_of_the_drowning_man
7. <https://truthbook.com/stories/funny-stories/popular-stories/the-drowning-man/>
8. <https://www.psychologytoday.com/us/blog/fumbling-change/200905/two-boats-and-helicopter-thoughts-stress-management>
9. https://www.researchgate.net/publication/323740134_The_effectiveness_of_support_groups_a_literature_review

(Peer Review) Studies indicate that support groups for people with **lived experience of mental illness have positive and effective outcomes**, such as improvements in self-efficacy, enhancing coping skills, self-esteem and social support, and reduction of psychiatric symptoms (Mancini et al., 2013; Worrall et al., 2018) .

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Abstract

Purpose Support groups are a common feature of the mental health support engaged by carers and consumers. The purpose of this paper is to update and consolidate the knowledge and the evidence for the effectiveness of mental health support groups. Design/methodology/approach This paper is based on a systematic literature review of relevant databases around support groups for mental health. **Support groups are defined as meetings of people with similar experiences, such as those defined as carers of a person living with a mental illness or a person living with a mental illness. These meetings aim to provide support and companionship to one another.** Findings The results show that there is a consistent pattern of evidence, over a long period of time, which confirms the effectiveness of mental health support groups for carers and people living with mental illness. There is strong, scientifically rigorous evidence which shows the effectiveness of professionally facilitated, family-led support groups, psychoeducation carers support groups, and professionally facilitated, program-based support groups for people living with mental illness. Research limitations/implications This research implies the use of support groups is an important adjunct to the support of carers and people with mental illness, including severe mental illness. Originality/value This research brings together a range of studies indicating the usefulness of support groups as an adjunct to mental health therapy.

Benefits of support groups

Feeling less lonely, isolated or judged. Reducing distress, depression, anxiety or fatigue. Talking openly and honestly about your feelings. Improving skills to cope with challenges.