

ADAPT

Eating Distress Association

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SELF-HELP/SUPPORT GROUP

Why join a self-help group?

Through joining a ***self-help*** group each member will be offered the support of others who are going through the same experience and have the same ideals. It is always encouraging to know that you are not alone. This can be particularly vital for those lacking the encouragement and emotional support of an immediate family circle.

Self-help enables people to help others while helping themselves. Through the sharing of experiences, group members are given the opportunity to learn from others whilst gaining an insight into their own difficulties.

A ***self-help*** group will give those who join the chance to speak openly and honestly about the problems they are facing with no threat of being ridiculed or doubted. It is easier to share such feelings with people who have a personal understanding.

The development of ***self-help*** groups throughout Northern Ireland has provided people with the means to be more involved in their own care. It may be regarded as a "stepping stone" back into community life.