

# Why join a support group?

There are many benefits to joining a support group:

*You receive support.*

A support group provides a group of people who truly understand you. With them you can laugh and cry over the day-to-day turmoil of living with a mental illness.

*You are educated.*

The group's connection to the DBSA or another larger group gives you access to the latest information on research and treatment.

*Valuable information is shared among support group members.*

From "favorite" doctors in the area to tips for going out to eat, support groups are a wealth of firsthand information.

*You can evolve from being a victim to becoming an advocate.*

Support groups give you the chance to help incorporate mental illness into your life by doing something positive on behalf of others, whether it's fundraising, promoting awareness, or consoling others.

*Support groups help family and loved ones.*

The affected individuals is not the only one who "rides the rollercoaster" of mental illness. Spouses, parents, and children need support, too.