

MOOD DISORDER SUPPORT GROUP OF LONG ISLAND PREAMBLE

Welcome to the Mood Disorder Support Group of Long Island. We are an anonymous support group comprised of consumers (those who have the illness). Our purpose is to support and educate ourselves about our illness and effective treatment. We meet on the second and fourth Wednesdays of each month at 7:30 PM. We end each meeting at 9:00 PM to allow time for group members to meet and socialize. This group includes ALL mood disorders. We are here to help ourselves and each other. We share joys and triumphs as well as difficult times. We encourage you to participate in this group. We wish to help people become as self-sufficient and as independent as possible, as well as to cope with mood swings and related life problems. We learn from each other. The faculty feels that a combination of professional counseling, medication, good nutrition, exercise and group support is an effective way to treat mood. We value your input as much as our own, so if you have any suggestions or comments, PLEASE speak to any of the faculty members after the meeting.

We ask that you do not judge us by one meeting – attend several to get to know people and get a feel for the group.

While in group please silence your cell phone.

**REMEMBER THAT WHAT YOU HEAR HERE, AND SEE HERE,
ABSOLUTELY STAYS HERE!!!**