

## Principles of Support

1. We will see the person first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses can be traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experience.
6. We reject stigma and do not tolerate discrimination.
7. We don't judge anyone else's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a future that is ours to shape.
12. We will never give up hope.