



Weekly Support Group (By Zoom) Wednesdays at 5pm

JOIN ZOOM MEETING (AUDIO REQUIRED)

MEETING ID: 247 018 7963#

DIAL-IN NUMBER: 646-518-9805

PASSCODE: #

Come learn more about the process of crisis stabilization here at Peninsula Hospital, resources available to you and your loved one during and after discharge, and how to support your loved one in moving towards greater well-being. Each group will begin with an educational portion, with topics such as:

- Recognizing warning signs before a crisis starts
- Communication when “nothing” is working
- Medication compliance
- Managing Stigma
- De-escalation Techniques
- Coping Skills
- Building a Support Network
- Using Outpatient Resources
- Crisis Management
- Group’s Choice

After a brief overview of the skill of the week (above), the group is open to any questions or concerns you may have about mental health. You are also welcome to call if you need encouragement, someone to listen, or to check it out by listening to others share if you prefer – no requirement to speak up.

We understand that this process can be difficult, confusing and overwhelming. We hope this group will relieve some of your stress and help you &/or your loved one through these current and upcoming challenges. This group is open to any former patients or their support at any time during/ after hospitalization as new obstacles arise. Please remember to have a pencil and paper ready to take notes if need be.

