



MEETING DETAILS

Mondays – 6:30 to 8:30 PM

Thursdays – 1 to 3 PM

St. Paul's Lutheran Church, 530
Bridge St., New Cumberland, PA.

Entry is at the rear of the church
by way of the red doors in the
middle of the building or the glass
door toward the south side.

Follow the signs to the meeting
room.

Our website:

harrisburgmentalhealth.org



Questions? E-Mail:

admin@harrisburgmentalhealth.org

“Out of suffering have emerged the
strongest souls; the most massive
characters are seared with scars.” –

Khalil Gibran



HARRISBURG AREA MENTAL HEALTH SUPPORT GROUP

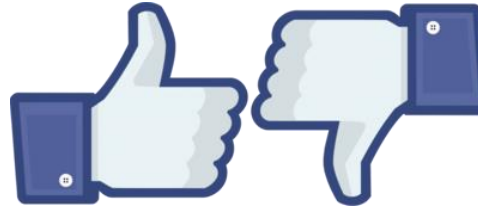
“Promise me you’ll always remember –
you’re braver than you believe, stronger than
you seem, and smarter than you think.” ---
Christopher Robin, from Winnie The Pooh

WHO WE ARE:

We are regular people, just like you.

Some of us have a mental health diagnosis and some of us just feel “off” sometimes. We’re from Camp Hill, Harrisburg, Duncannon, Lancaster, Carlisle and many other communities in central PA. We may be struggling with different things, but we all have one thing in common: a desire to improve our quality of life.

Join us!



WHAT WE DO:

We share. We listen. We empathize. We support. If we don’t understand completely, we come as close to it as anyone you’ll meet. We build each other up. Sometimes we talk about issues related to mental health and the way it is perceived by the general public. More than anything else, we are here for each other. This is a safe space.

WHAT WE DON’T DO:

Judge. Lecture. Diagnose. Gossip. We’re not professional therapists, and we have no business telling you what to do, how to feel, or what medications to take. We don’t pass judgment on each other. We don’t talk about group issues outside the group. We don’t breach confidentiality.

HOW WE CAN HELP YOU:

Whether you are suffering through depression, anxiety, PTSD, mood disorders, personality disorders, ADHD or any of a thousand other mental health diagnoses, we can help. Maybe you’re just going through a rough time and haven’t been diagnosed. Maybe it’s a breakup or divorce, death in the family, financial troubles or a misbehaving child. We provide a free, safe, welcoming place where you can unburden and know you’re not alone.

It’s been said that by helping others, we help ourselves. We agree! We feel that group support is one of the most effective ways to achieve an improved outlook on life. You never know when someone is going to say something that completely changes the way you see things!

Finding and maintaining good mental health is not a journey. It’s a fight! As Rocky Balboa said, “It ain’t about how hard you hit. It’s about how hard you can *get* hit and keep moving forward.” You can DO this, and we can help!

