



Tips for success

Maximize your support group experience by:

Attending

Showing up is half the battle.

Sharing

Others can benefit from your successes and challenges, just as you will benefit from others' experiences.

Speaking up

If you need more support than the group can provide, please ask for assistance in seeking additional resources.

800-767-4411
rogershospital.org

Contact

Marisol Brost, MSW
OCD/Anxiety Support Group Specialist
262-646-6257
marisol.brost@rogershospital.org

OCD and Anxiety Support Group

Rogers Memorial Hospital, a part of Rogers Behavioral Health, treats children, teens and adults with OCD and anxiety disorders, eating disorders, depression and mood disorders, posttraumatic stress disorder and addiction.

What happens at a support group meeting?

People with common experiences share their story, information and strategies for living a healthy lifestyle while managing obsessive-compulsive disorder (OCD) and anxiety symptoms.

Self-help

You are the expert on your life and can make informed choices for creating the lifestyle you want to live. In this support group, you have the freedom to develop your own self-help strategy and play a valuable role in the group experience. By sharing personal triumphs and struggles, the group can grow as a whole.

Professional guidance

Discussion at the support group meetings is facilitated by a mental health professional. The facilitator guides the discussion, maintains group safety and provides emphasis on topics that are relevant to individual and group progress. Group discussion focuses on peer support and contributions.

Safety

A trusting and caring atmosphere is crucial to individual and group success. Members take a non-judgmental, respectful approach for communicating with others. A safe and supportive space is maintained with group members refraining from violence, inappropriate language and topics.

Refraining from fraternization in the support group helps all members feel welcomed.

Confidential

The privacy and confidentiality of you and other group members will be maintained. Topics discussed in the group will remain in the group, unless someone poses a danger to themselves or others. By protecting confidentiality, group members can feel empowered and honest during discussions. Members are not obligated to provide their personal contact information to other members. The facilitator may ask for such information to maintain group safety guidelines.

Meets regularly

Weekly groups are offered.

Free of charge

Rogers Memorial Hospital OCD and anxiety support group is open to the public and free of charge.

Support groups are *not*:

Therapy or treatment

Group discussion is generated by peers and each group member.

Members understand and affirm that the information shared in the support group is not intended to replace the counsel and judgement of qualified mental health professionals. Rogers Memorial Hospital reserves the right to refuse group participation to anyone whose needs do not fit that of the groups.

A Substitute for professional care

Support groups do not supplement professional care. Diagnosis and treatment will not occur in this group. Members may seek professional treatment in combination with group support.

A negative environment

While OCD and anxiety can adversely and sometimes severely affect quality of life, the support group environment is a space for hope and encouragement—not negativity.

“Fear to a great extent, is born of a story we tell ourselves, and so I chose to tell myself a different story.”

- Cheryl Strayed, *Wild*

