

## REACH Members Speak Out

*"I have really appreciated the REACH meetings. It is comforting to talk to others who understand the struggles of dealing with mental illness. I was invited to REACH just after my mom started decompensating and it helped me to cope."*

*"REACH has helped me learn about mental illness, existing resources, and limits of resources. It has helped me feel a common bond with others who share the burden and privilege of loving a person with mental illness."*

*"It helps to know I am not alone in coping with mental illness in the family."*



United Way  
of Bemidji Area

**REACH** is a free support group open to any family member or friend of someone with mental illness.

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**REACH** meetings are held on the third Tuesday of each month from 7:00—8:30 PM at Hope House.

Hope House is located at:  
2014 7th Street SE  
(Nymore area, one block north of  
Roosevelt Road on Lake Avenue)

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Hope House Hours:  
Monday-Friday  
8 a.m. to 4:30 p.m.

Phone: 218-444-6748  
FAX: 218-444-8664

Email: [hopehous@paulbunyan.net](mailto:hopehous@paulbunyan.net)  
Website: [www.hopehousebemidji.org](http://www.hopehousebemidji.org)

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### Mailing Address:

**Hope House  
PO Box 1097  
Bemidji, MN 56619**

## REACH Family and Friends Support Group

*Do you care about someone  
who has a mental illness?  
Do you want to talk to  
others who understand?  
**We can help you.***

**REACH meetings are held  
on the third Tuesday of the  
month from 7:00 to 8:30 PM  
at Hope House.**



For information, call 218-444-6748



# The Foundations of REACH Groups

## REACH Guidelines

We are a group of people gathered together sharing a common bond. We all have a friend of relative suffering from a mental illness or an acquired neurological disability.

We are here to help ourselves and others in our group by mutual sharing of our troubles, our understanding, our strength and our wisdom. We listen, explore options and give continued support. We do not diagnose illness or give advice.

We know that what we share is confidential and that we must learn to detach ourselves from problems we cannot solve and focus on maintaining our own mental health.

We share what we want to, as everyone has the right to pass on a question or subject. It is important that we actively listen when someone is talking and avoid having side conversations. We encourage "I" statements so that everyone speaks in the first person.

Having benefited individually from REACH, we want to reach out and support others through our regular participation in REACH.

REACH meetings have occasional speakers and provide information and education. The main focus, however, is members' own feelings, experiences, and ways of coping.

There is no charge to participate in REACH groups. You are welcome to bring another family member or friend with you to the meeting.

## ACCEPTANCE

I must accept the fact that my loved one has a mental illness.

## BLAME

I must learn not to accept guilt, or blame myself or others.

## CONTROL

I realize that I don't have the ability to completely control the behavior of the mentally ill person.

## IMPACT

As I allow myself to be released from another's problem that is beyond my control, I realize the serious impact of mental illness upon my own life.

## RESTORATION

I must now work on restoring my own emotional balance.

## SEPARATION

I must maintain my own mental and physical health by reasonably separating myself from another's problems.

## REACH...

...IS a mutual support group for the families and friends of individuals with mental illness and neurological disabilities.

...PROVIDES understanding and reassurance to members. Members share similar concerns and help each other to cope more effectively.

...OFFERS the opportunity to step back and gain perspective on the relationship they have with a mentally ill loved one.

...MEMBERS talk confidentially about how their own lives are being affected, and not just about the illness of a friend or relative.

...PARTICIPANTS discover that  
...they are not alone!



REACH is a program sponsored by the  
Mental Health Association of Minnesota  
and Hope House Community Support  
Program of Bemidji.