

## **Mental Illness Recovery for people who live in King County – an on-line community**

**Announcing:** An all new consumer driven online yahoo/e-group/support community

**Name:** Mental Illness Recovery for people who live in King County

**Moderators:** Sue & Deb - Peer Counselor Training Class Graduates

**Starts:** Friday, August 15th, 2008

**Spread the Word:** Let your friends or other interested parties know about the group, forward this announcement to those you know may benefit from joining us!

**Have you been diagnosed with a mental illness?  
Are you trying to find a place to fit in?  
Do you feel alone?**

This email group is for anyone who lives in King County (WA) and, self identifies as a person with a mental illness. This is a **consumer driven** group. Everyone you meet here, has walked in, or is walking in your shoes.

An important concept to remember is that people with mental illness can, and DO recover.

Years ago, it was thought that once a person was diagnosed with a mental illness they would be on medication for the rest of their life and would probably only get worse over time. Today, the realization exists that this is not true in all cases.

Increasing your **knowledge**, improving your **skills**, and enhancing your natural **abilities** or **strengths** through the support of others is an important part of recovery.

**Picture yourself as a young child, learning to ride a bicycle.**

At first you have a tricycle, and learn to pedal.

As you learn and grow, you move up to that 2 wheeler with training wheels. Though somewhat wobbly, It's an exciting day!

Still more exciting is the day those training wheels are removed, and with a little support you're soaring with the wind.

This is a picture of what we can do for each other. It is said that once you learn

to ride a bike, you never lose that skill. Hopping back on the bike is a sign of resiliency.

Here you are not alone. Here you can participate in conversations about recovery, share tips, links, and inspiration with others who have been diagnosed with a mental illness.

**Please know that everyone is expected to be courteous and to treat one another with the respect we all deserve!**

Best Wishes to Each of You on this Journey!  
List Owner/Moderator,  
*Sue*

**Please Note:** In an effort to maintain a safe place for everyone, this group is **not searchable** in yahoo groups and only members who join the group can read or participate.

Please understand that we (the moderators & group members), are not here to take the place of your doctor, psychiatrist, or therapist, nor do we represent any agencies or groups. We are here to share what we've experienced on our own journey including what works & what doesn't work for us. We are also here to support and encourage each person in the recovery process and share resources that we've found helpful upon request. We're all simply here to learn and to grow from having met one another in this online community.

Each person here is personally responsible for their own decisions, choices, and actions. What works for one person may or may not work for you. In making a decision to try something that has worked for another you are accepting sole responsibility by making that choice.

**Here are a few key tips to get you started:**

- \* To join or subscribe to this group, send email to [Mental-Illness-Recovery-forPeople-Who-Live-In-King-County-WA-subscribe@yahoogroups.com](mailto:Mental-Illness-Recovery-forPeople-Who-Live-In-King-County-WA-subscribe@yahoogroups.com)
- \* You will then receive an email asking you to CONFIRM that you wish to join and will need to send a blank reply (type nothing) just hit reply & send (within 7 days.)
  - Upon joining you will receive
    - A Welcome Letter to the group,
    - A Welcome Letter from List Owner/Moderator Sue in which she shares her journey &
    - A Copy of the Group's Comfort & Trust Agreement -*Please take the time to read as it contains important guidelines, boundaries & information*
- \* To contact the moderator of this group, send email to [Mental-Illness-Recovery-forPeople-Who-Live-In-King-County-WA-owner@yahoogroups.com](mailto:Mental-Illness-Recovery-forPeople-Who-Live-In-King-County-WA-owner@yahoogroups.com)
- \* Group Page Link  
<http://health.groups.yahoo.com/group/Mental-Illness-Recovery-forPeople-Who-Live-In-King-County-WA>  
(you can also join through this link)