

# STATE OF MIND SUPPORT GROUP HANDBOOK

Aniya T. Chue

STATE OF MIND SUPPORT GROUP

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## Welcome Letter

Hello, and welcome to the State of Mind Support Group! My name is Aniya Chue. I am the founder and CEO. I am so happy you're here. A little bit about myself, I am 22 years old. I have been dealing with Mental Health since the age of seven.

At 14, I was diagnosed with Depression, Anxiety, and PTSD along with being suicidal by my therapist at the time. I was discharged at 17-18 and I mainly still deal with Anxiety and my triggers. I understand firsthand how Mental Health can affect your life and how you view everything around you. Coping with and facing my struggles made me want to reach out and help others. When you join this group, I hope you feel a sense of comfort, being heard and seen, and community.

## Our Mission

At State of Mind Support Group, we aim to create and provide a safe, relaxing, and sound environment for late teens/young adults to express their innermost thoughts and feelings. We also do community service. Here at State of Mind Support Group, our focus is adding to/pushing the Mental Health conversation. Our mission is to ensure everyone feels seen, heard, and understood one voice at a time. We stand by one saying, “One Voice Affects Many”. The CEO is not a therapist.

## Our Motto

At State of Mind Support Group, our motto is A.A.L.E.E.H.S which stands for Acknowledge, Awareness, Learn, Evolve, Express, Heal, and have Strength to fight Mental Health. Mental Health is a significant topic and needs to be taken seriously. We will continue to firmly uphold the motto behind our mission.

## Our Information

### Days and Hours of Operation

- ❖ Sunday- 1 pm-6:30 pm
- ❖ Monday- 4:30 pm-7 pm
- ❖ Tuesday-Thursday- Closed
- ❖ Friday: 4:30 pm- 7:30 pm
- ❖ Saturday: 7:30 pm- 9:30 pm

### Contact

- ❖ Email: [stateofmindsg1@gmail.com](mailto:stateofmindsg1@gmail.com)
- ❖ Website: 24-hour chat box
- ❖ Facebook: State of Mind Support Group
- ❖ Instagram: stateofmind\_supportgroup

## Policy and Procedures

### Payment Plan

- ❖ There is a 10-dollar monthly payment plan that will be due on the 26<sup>th</sup>. You will be paying for your spot in the group.
- ❖ We also accept donations
- ❖ The money is put directly into the group for events, meetings, supplies, etc.

### Age Range

- ❖ 16-25 years old
- ❖ Teens 16-17 will need parental/guardian permission to become a part of the State of Mind Support Group. Parents/Guardians will be responsible for their monthly payments, getting them to/from events, and making sure they have a quiet place to attend meetings.
- ❖ Young adults 18-25 will be solely responsible for payments, having transportation to/from events, and finding a space to attend meetings.

### Termination of Services

- ❖ **Discrimination/Bullying:** There will be no tolerance for discrimination or bullying. If either of the two are reported to the CEO, there will be an investigation, and services will be terminated effective immediately.