

# Support Group Vetting Checklist

## A gentle checklist for finding safer Christian mental health support

This checklist helps you evaluate a group before sharing personal information. It is not medical advice, therapy, diagnosis, treatment, or crisis care. If you are in immediate danger or thinking about harming yourself, call or text 988 in the U.S. or contact emergency services.

### Basic fit

- The group clearly explains who it is for.
- The group clearly explains who leads it.
- The group has a clear meeting format.
- The group explains whether it is peer-led, church-led, or professionally led.
- The group makes it clear whether it is online or in person.

### Safety and boundaries

- The group does not shame therapy or medication.
- The group does not promise instant healing.
- The group does not pressure people to disclose more than they want.
- The group has basic confidentiality expectations.
- The group knows what to do if someone is in crisis.

### Faith tone

- The group uses Scripture gently, not as a weapon.
- The group does not treat depression as weak faith.
- The group allows lament, grief, anger, and confusion.
- The group makes room for professional care.
- The group sounds like a place to be honest.

## Questions to ask

1. Who leads or facilitates the group?
2. Is this peer support, pastoral care, counseling, or a mix?
3. What happens if someone is in crisis?
4. Are therapy and medication respected?
5. What are the confidentiality expectations?
6. Can I attend once before deciding?
7. Is the group connected to a church, ministry, or organization?

## Green flags

- Gentle tone
- Clear boundaries
- Clear leadership
- No pressure to perform spiritually
- Professional help is respected
- Confidentiality is discussed

## Red flags

- "Just pray harder" language
- Pressure to stop medication
- Promise of guaranteed healing
- No crisis plan
- Shame around mental illness
- Pushy disclosure

## My notes

Group name: \_\_\_\_\_

Why I am considering it:

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Questions I still need answered:

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## **Closing reminder**

A support group should help you feel less alone, not more ashamed. You are allowed to go slowly.

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*Still Here Faith offers Christian encouragement and resource navigation, not medical advice, diagnosis, treatment, or crisis care.*