

## SOME FIRST PRINCIPLES (From the GROW Program)

### PERSONAL VALUE

No matter how bad my physical, mental, social or spiritual condition, I am always a human person and a connecting link between persons. I am still valuable; my life still has a purpose; and I have my unique place and my unique part in humanity.

### FRIENDSHIP

Among human relationships, friendship is the special key to mental health. As I am healed and harmonized by responding to the offer of true friendship, so the measure of my maturity is my capacity to be a true friend.

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World Community  
Mental Health  
Movement in Ireland

“GROW’S mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness”.

## GROW Offices/Centres

### Eastern Region

167a Capel Street, Dublin 1  
Tel: 01 873 4029

### Midland Region

Bolger House, Patrick Street,  
Tullamore, Co. Offaly  
Tel: 057 935 1124

### Mid West Region

33 Henry Street, Limerick  
Tel: 061 318 813

### North East Region

c/o 6 Forrest Mews, Forrest Road, Swords, Co. Dublin  
Tel: 01 840 8236

### North West Region

Pearse Road, Letterkenny, Co. Donegal  
Tel: 074 916 1628

### Southern Region

1st Floor, 34 Grand Parade, Cork  
Tel: 021 427 7520

### South East Region

Ormonde Home, Barrack Street, Kilkenny  
Tel: 056 776 1624

### Western Region

Mosaic Centre, Harlequin Plaza,  
Garvey Way, Castlebar, Co. Mayo  
Tel: 094 902 6417

GROW Infoline: 1890 474 474

Email: [info@grow.ie](mailto:info@grow.ie)

[www.grow.ie](http://www.grow.ie)

Registered Charity Number: 9319



World Community  
Mental Health  
Movement in Ireland

Helping People  
Help Themselves

## What is GROW?

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. GROW, founded in Australia in 1957 by former mental sufferers, has a national network of over 130 Groups in Ireland. Its principal strength is the support members give each other from their own experience in matters to do with mental health.



### How effective is GROW?

GROW's unique Group Method, 12 Step Program, and its Caring and Sharing Community, benefit its members in many ways. International research shows that "over a period of time they need significantly less professional help and have less chance of relapse. They are significantly more likely to be in employment and will have wider support networks. They are also more likely to reduce, or dispense with, medication." (Rappaport et al, 1985)

### How does GROW work?

GROW members attend a weekly meeting lasting about two hours during which a specific Group Method is followed which enables them to learn a practical psychology of mental health, known as the GROW Program. Members provide mutual support in undertaking certain tasks that encourage a healthy change in thinking, behaviour and/or relationships.

GROW Group meetings are chaired by ordinary members but each Group has an Organiser and a Recorder, or less often, a Sponsor (e.g. a nurse using GROW to support a group of Day-care clients) whose primary role is to ensure that the meeting is run appropriately. Each Group is supported by an Area Coordinator, many of whom have experienced GROW first hand. An Area Coordinator monitors the group's authenticity in using the GROW Program and models its application.

GROW provides access to leadership development for its members to ensure that its Groups are both friendly and safe. All leadership is drawn from GROW's 12 Step Program of mental health, which has been tried and tested over more than fifty years.

### Ethics and Confidentiality

GROW is anonymous and confidential. It is a non-denominational organisation, open to all irrespective of beliefs. Members are encouraged to live up to their own faith, if they have one. GROW, nonetheless, is profoundly spiritual. It believes in the unique dignity and mystery of each human person. It recognises that hope, love and compassion, for oneself and for one another, are essential ingredients in all healthy human living.

### Attitudes to Medication

Members are expected to deal directly and on their own responsibility with their doctors and must never be given cause to fear interference on the part of GROW or its representative. Members who are still under treatment are urged to obey carefully their doctor's instructions.

### How do I join GROW?

No introductions are needed, just come along. No membership fees or dues are charged. Although no formal referrals are necessary, some come to GROW on the advice of their medical professionals, counsellors or spiritual advisors. For further information about Groups in your area please contact the GROW Office/Centre nearest you.

### Mental Health Professionals

GROW welcomes visits by mental health professionals or interested members of the public, who may attend up to three meetings as community observers. We run information workshops for interested groups, which include General Practitioners, Non-Consultant Hospital Doctors, Psychiatric Nurses, Secondary School Guidance Counsellors, Schools and other groups. GROW has published two volumes of Soul Survivors containing personal accounts of prevention and recovery from breakdown.

