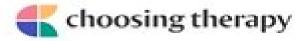
What Is a Self-Help Group?

A self-help group is a gathering of people who come together to assist one another in overcoming a common challenge, such as addiction, mental health issues, or grief. The goal is to provide a supportive and empathetic environment where members can share their struggles, exchange coping strategies, and provide mutual encouragement and guidance in their journey toward personal growth and recovery.



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