



## **Agreements**

### **1. Peer Support Only**

This group is meant to provide peer support. We are here to share experiences and offer emotional support, not to provide professional or medical advice. If you are seeking advice on medication or other professional matters, please direct those questions to your GP or mental health team

### **2. Confidentiality is Key**

What is shared in the group stays in the group. We ask that you respect each other's privacy and not share anyone else's experiences or personal details outside of the group. This is vital for maintaining trust and safety.

### **3. Respectful, Equal Participation**

This group is for everyone to speak and be heard. We encourage everyone to share, but we also ask that we do so in a way that respects others' opportunities to participate. If you notice someone not speaking up, feel free to gently encourage them, but please be mindful that everyone's comfort level with speaking may be different.

### **4. Respect for the Informal Setting**

Many people enjoy the informal, relaxed atmosphere of the group. However, to ensure that everyone has a chance to speak without anyone dominating the conversation, we will follow a simple structure for our meetings.

## **Additional Considerations**

- **No One is Ever Required to Speak:** If you don't feel like speaking, that's okay. You are welcome to listen and be part of the group without sharing.
- **Be Mindful of Time:** We want to make sure everyone has an equal chance to speak, so please be mindful of the time when it's your turn.