



PEER TO PEER SUPPORT GROUP RULES

ONLY READ THE ITEMS IN BOLD OUT, PLEASE PASS TO NEW MEMBERS TO READ THE FULL RULES.

Keep it Confidential: What's shared in our circle stays in our circle. Let's respect each other's privacy and keep our discussions confidential.

Be Respectful: Listen with kindness and without interrupting. Share from your heart using "I" statements, and let's aim to understand without judging.

Embrace Each Other's Stories: Every journey is unique, and that's what makes our group special. Let's celebrate our differences and support each other without judgment.

Offer a listening ear: We're all here to support each other. Let's offer empathy, validation, and a listening ear without trying to fix each other's problems.

Respect Boundaries: Everyone has their comfort zone, and that's okay. Let's respect each other's boundaries and communicate our own openly and kindly.

Share Experiences, Not Advice: Instead of giving advice, let's share our own experiences and what has worked for us. Remember, we're all on different paths.

Stay Open-Minded: We're all learning and growing together. Let's keep an open mind, embrace new perspectives, and learn from each other's experiences.

Take Care of Yourself: Your well-being comes first. If a topic becomes too much, it's okay to step back and take a break. We're here to support you.

Know When to Seek Professional Help: While we're here for peer support, sometimes professional help is needed. Let's encourage each other to seek help when necessary and share resources if needed. If we feel you are at risk we will follow our safeguarding procedure which may involve contacting the relevant services.

These rules aim to create a warm and inviting space where members feel comfortable sharing and supporting each other through their mental health journeys.