

Anxiety Peer Support Group Agreement

Anxiety NZ is committed to ensuring a supportive and inclusive peer group environment. This means all people, including rainbow communities, people of all ethnicities, people with disabilities, and peoples' lived experiences of mental distress are valued and respected.

Anxiety NZ values and upholds the right for people to choose how they identify and to reclaim language. We also commit to using strengths-based language that challenges misconceptions and prejudice.

Please read and follow the below guidelines to ensure a positive and enriching experience for all participants.

Group Goals



To create a friendly, safe and non-judgemental environment where people feel comfortable to support one another in sharing their feelings and experiences

To share how anxiety affects our lives, the challenges we face everyday and the solutions we find most helpful

Talk time

It's okay to take some time to talk and have space to share

When others are sharing, please give them your full attention and be aware not to interrupt them

Please only share what you feel comfortable, and you are welcome to pass on speaking if you feel like it

However, participation is preferred



Topics to be mindful of

Out of respect for other group members, please be mindful if mentioning the following topics:

- violence
- suicide
- religion
- politics
- medication



We ask you not to give details regarding experiences of violence and suicide, and we ask you not to give your opinions or advice regarding religion, politics and medication.

Mobiles away

Out of respect for other group members, please put mobiles away while group is in session

Please feel free to leave the group room if you need to take a call, respond to texts or otherwise use your device during group.



Drugs & alcohol



No drugs or alcohol consumed when attending group

Do not come to group intoxicated or under the influence of illicit drugs or alcohol

Support



If you require any support after group, or need to talk urgently to someone about your safety, please speak to your facilitator

Safe space



The small waiting area with chairs outside Rata Room are safe zones to go if you need to take some time from the group for any reason

Anxiety Peer Support Group Agreement

Respect for Diversity



We embrace and celebrate diversity in all its forms, including but not limited to gender identity, sexual orientation, race, ethnicity, religion, ability, and socioeconomic status

We commit to using inclusive language and respecting each member's unique identity and experiences

Confidentiality and Privacy

Outside of group, your identity and privacy are protected



What is shared within the group should remain confidential

Please respect the privacy of all participants and refrain from discussing personal stories or information outside the group

Group members are asked not to contact other group members outside of group and not to look one another up online.

If you spot another group member in public, you have no obligation to acknowledge them or say hello.

Mutual Respect and Support

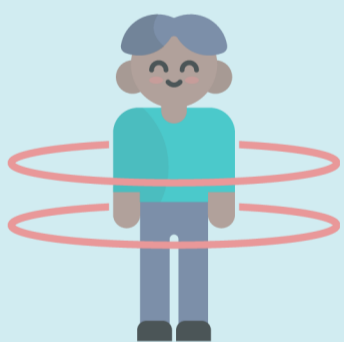
We encourage active listening and empathy

Treat each member with respect, kindness, and compassion

Critique ideas, not individuals. Avoid language or behavior that could be perceived as discriminatory, derogatory, or offensive



Boundaries and Consent



Respect personal boundaries

Always ask for consent before initiating physical contact or discussing potentially triggering topics

If someone expresses discomfort or asks to change the subject, honor their request without judgment

Non-Discrimination and Anti-Harassment



Discrimination, harassment, or bullying of any kind will not be tolerated. This includes but is not limited to actions based on race, gender identity, sexual orientation, religion, disability, or any other characteristic

If you experience or witness behavior that violates these principles, please inform the group facilitator or moderator immediately

Participation and Contribution

Everyone is encouraged to participate at their own comfort level. Feel free to share your experiences and insights, but also respect those who prefer to listen

Ensure discussions are inclusive and allow space for diverse viewpoints



Accountability and Feedback

We value open communication. If you have concerns or suggestions regarding group dynamics or facilitation, please raise them with the facilitator or group leaders

Constructive feedback is welcome and helps us improve our support for all members



Anxiety Peer Support Group Agreement

Understanding and Acceptance

We recognize that everyone's journey is unique. Be open to learning from others' experiences and perspectives.

Accept that opinions may differ and strive to engage in constructive dialogue



Safety Concerns

Report any concerns for safety or well-being expressed by members

Contact appropriate authorities or professionals if necessary



Conflict Resolution



Resolve conflicts peacefully and respectfully within the group

Seek assistance from the facilitator if needed to mediate disagreements

Time Management

Keep discussions focused and on-topic

Be mindful of time limits to ensure everyone has a chance to speak



Attendance and Punctuality

Attend meetings regularly and arrive on time

Notify the group or facilitator in advance if unable to attend

Facilitator Role



Follow the guidance of the group facilitator or moderator

Respect their decisions regarding group dynamics and discussions

Joining Group



I consent to join and participate in group in accordance with this Agreement

Mental Health Data Consent



I understand ANZT will collect, and report coded, confidential data to the Ministry of Health and my name will not be shared. No in-group discussions are shared



I have been offered information regarding what happens to my mental health data (PRIMHD)

Peer Group is not Therapy



I understand that the Peer Support Group is Peer Support and is not a therapeutic group

Authorised Contact



I consent to being texted and emailed by Anxiety NZ

Breaches of agreement



I understand this group agreement is in place to safeguard peer group members, and the peer group space



I understand that if I engage in ways that are not in line with this agreement, I may be invited to have a conversation with the facilitators or other Anxiety NZ staff