

# 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 and those found in the Peer Group Guidelines to ensure a positive and enriching experience for all participants.

## 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



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

## Mutual Respect and Support

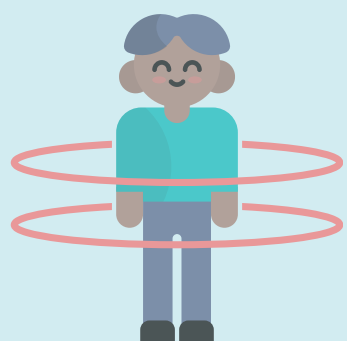
We encourage active listening and empathy

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



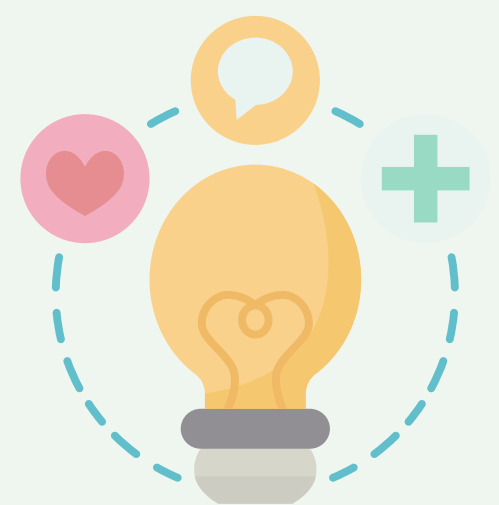
Discrimination, harassment, or bullying of any kind will not be tolerated. This includes but is not limited to actions based on race, gender identity, sexual orientation, religion, disability, or any other characteristic

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

## Authorised Contact

I consent to being texted / emailed by Anxiety NZ

## Peer Group is not Therapy

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

## 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)

## Joining Group

I consent to join and participate in group in accordance with this Agreement and the Peer Group Guidelines