

Anxiety Peer Support Group Guidelines

Group goals



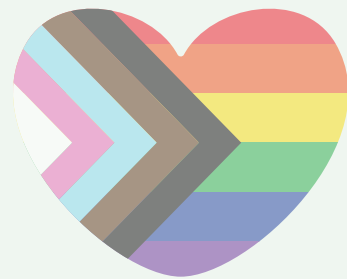
To create a friendly, safe and non-judgemental environment where people feel comfortable to support one another in sharing their feelings and experiences.

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

Non-Discrimination and Inclusion

We strive to ensure our peer support groups feel safe for and are inclusive of everyone. Discrimination towards others, for example on the basis of race, ethnicity, sexuality, gender, disability, or socioeconomic status, is a breach of our group guidelines. We ask that members show care and respect to others at all times.

If you ever feel concerned you or someone else has experienced discrimination within the peer group space, and you feel safe discussing this, we encourage you to reach out to a Facilitator.

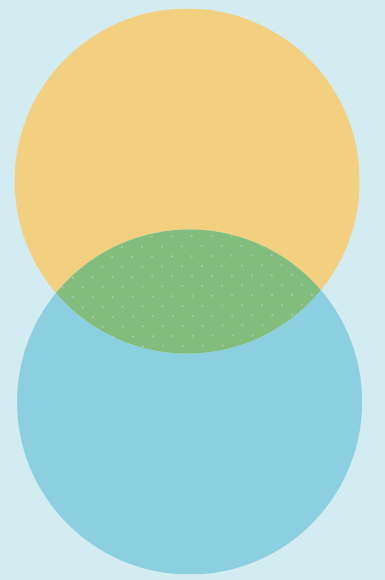


Everyone's different

Everyone handles anxiety differently. Some people are more comfortable than others in different situations.

In group, some people may feel more comfortable than others talking about their anxiety.

Some people may also feel more comfortable talking in a group setting whereas for others it may make them feel more anxious.



Confidentiality

Outside of group, your identity and privacy are protected



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.

And finally, what is talked about in group stays in group.

Drugs & alcohol



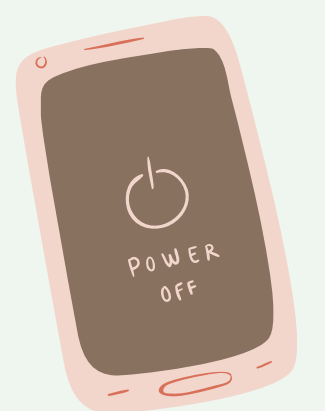
No drugs or alcohol consumed when attending group.

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

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.



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.

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.



Support

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