

Group Goals

- To create a friendly, non-judgemental and safe environment where people feel comfortable to support one another in sharing feelings and experiences
- To share how anxiety has affected our lives and challenges and solutions that we face daily

Group Guidelines

- Respect that people deal with anxiety in different ways and that some people are more comfortable than others in different situations. Some people may feel more comfortable talking about their anxiety or talking in a group setting whereas for others the group setting may make them feel more anxious. Everyone's anxiety is different in different situations.
- It's okay to take some time to talk and have some space
- You're welcome to pass on speaking if you prefer but participation is preferred
- Share only what you feel comfortable doing so
- Confidentiality-what is talked about in the group stays in the group.
- No drugs or alcohol consumed when attending
- Do not come to group intoxicated or under the influence of illicit drugs or alcohol
- No talk of violence or suicide for respect to other members
- No talk of religion or politics
- Turn phones to silent and leave the group room if taking phone calls
- Respect the person who is talking - do not interrupt others and give them your full attention
- Complete screening forms and registration forms as required
- The kitchen is a safe zone to go if you need to take some time from the group for any reason
- If you require any more support after group, or need to talk urgently to someone about your safety, please speak to the facilitator.

Support, Treatment and Education for Anxiety and Depression.

T: 09 846 9776 | **W:** anxiety.org.nz | 24-hour Anxiety helpline: **0800 269 4389** 0800 ANXIETY
PO Box 41133, St Lukes, Auckland 1346. | 77 Morningside Drive, Mt Albert, Auckland 1025 | **F:** 09 849 2375

If you need urgent assistance outside of office hours, please call our free 24 hours - 7 days a week national anxiety line. Clinicians as well as highly skilled volunteers have been trained in relaxation techniques and breathing exercises. 24-hour National Anxiety Line: 0800 ANXIETY (0800 269 4389).