



## **COVID-19 and Mental Health Support Group Rules**

Welcome to our COVID-19 and Mental Health Support Group!

We trust you will feel at home during these sessions and we look forward to supporting each other during this difficult time, within the COVID-19 pandemic.

Before commencing our sessions, please read through the group rules set out below and acknowledge your acceptance via email to the support group leader at: [sandradjferreira1982@gmail.com](mailto:sandradjferreira1982@gmail.com).

1. This group is set up for peer-to-peer support and is not meant to replace individual therapy.
2. Everything said in this group will be treated with respect for the participant's right to privacy. What is said during the sessions is to remain within the confines of the group.
3. Because confidentiality is essential, we expect that each person will respect and maintain the confidentiality of the group. Support group leaders shall not disclose your information without your consent but there are some very important exceptions to this rule:
  - a) If there is a legal responsibility for the support group leader to release information contained in records.
  - b) If we believe that you are threatening imminent physical injury to yourself or another person. If through our work together, there is a genuine risk for your safety or the safety of others then we, as peer supporters, have a duty of care to raise that concern with appropriate professionals to support you further. We will however always explore this with you first.
4. This group is a safe place to share and explore feelings and experiences; no clinical advice is permitted.
5. This group is meant to be supportive and no judgement will be permitted.
6. We give supportive attention to the person who is speaking and avoid side conversations.
7. No participant may dominate the conversation. Everyone has a chance to talk and share their views.

8. Only one person may talk at a time. We agree to avoid interrupting and if we do break in, we will return the conversation to the person who was speaking.
9. We have the right to ask questions and the right to refuse to answer.
10. If technical difficulties are experienced, for example computer or internet breakdown we undertake to contact each other via email so that an alternative session can be made.
11. As a courtesy to other members, please endeavour to be on time. The group will begin and end on time.
12. If you are unable to attend a session, kindly send an email beforehand.

**Note:** Even though our goal is to support each person, this particular group may not meet your needs. Before deciding that this group is not for you, however, we hope you will attend at least two meetings.

**Ms Charlene Sunkel**

Founder/ CEO: Global Mental Health Peer Network

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