



## Group Guidelines

- Switch mobile phones off or on silent.
- Everything said in the self help group is kept confidential to the group.
- The names of those who attend the group are not mentioned out with the group
- Everyone has a right to talk and be listened to
- There is no pressure for anyone to speak during the meeting
- Respect each others opinion. Everyone has a different viewpoint and should feel able to freely speak within the group.
- No one should criticize or make judgements about any member of the group
- It's okay to take a 'time out'
- Everyone will behave in a non-aggressive manner
- Any ambitions for the group are discussed with the group and not to act on behalf of the group without their consent