



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT

Self Help & Peer Support In Person Group Guidelines

Practice Confidentiality

Who you see hear stays here, what you hear here stays here and please do not use names of outside people when sharing within the group.

Be Aware of our Code of Conduct and Follow it

Our Code of Conduct is posted on our bulletin board, is available from me, and is on our website, viewable by anyone.

Create a Space for All to Share

This includes holding back to make space for quieter people to participate.

Practice Respect for All

Respect all forms of diversity and note that any form of racial, gender, sexual orientation, or other kind of discrimination will not be tolerated. Respect differences of opinion and approaches to recovery. Respect the right of all people within the group to feel respected.

Use Person-First Language where Appropriate and Speak from your Own Experience

For example, let us use terms such as “person who uses drugs” or “person with mental health challenges.” Let us not give advice, rather, speak from our own experience. This sounds like “I found it helpful for me to do...” or “I found that ... didn’t work for me.”

Be Mindful Not to Reinforce Stigma in your Language

For example, when speaking about someone’s substance use, mental health status, or body shape and size. Use kind and compassionate language as much as possible.

Be Trauma Informed

When talking about your experiences, name the experience and avoid going into specific details that may trigger yourself or other group members.

Be Responsible for your own Self Care

You do not have to share and are always free to pass if called upon. If you need to leave the room, please do so quietly; give a thumbs up if you are okay and a thumbs down if you are not. If you give a thumbs down, I will provide you with support or find someone to provide you with support.

Take a Moment to turn your cell phone off or onto quiet mode.