



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT

Self-Help & Peer Support Virtual Group Guidelines

Group members will:

Practice Confidentiality.

- What's said here in each session stays here, who you hear here in each session stays here and please don't use names of 'outside' people when sharing within the group.
- Ensure you are in a private environment during this group. If you are not in a private environment, use earbuds/headphones and turn off your incoming video, to ensure anonymity and confidentiality for all.

Practice Virtual Group Etiquette.

This includes

- muting your microphone when you're not speaking. (on the phone *6)
- Turning your camera off if you want to smoke, vape, or eat
- Using the hands up function when you'd like to be heard, remembering to put your hand down afterwards. (on the phone *5)

Create 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.

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 Mindful not to Reinforce Stigma in your Language, for example, when talking about your own or someone else's substance use, mental health status, and body size or shape.

Be Responsible for your Own Self-Care.

You do not have to share if you do not want to and feel free to pass if you'd like. If you need to step away from the group and practice self care, please do so. If you do need urgent support after the group, please let the facilitator(s) know.

Be Aware of our Code of Conduct and Follow it

Our Code of Conduct is posted on our website, viewable by anyone.