Psychiatric Survivors of Ottawa

PSO Online Support Group Comfort Agreement

Confidentiality:

We cannot promise confidentiality.

Remember that when it comes to online peer support everything can be shared once your words leave your mouth or get typed into the chat! Although we request the group members to respect confidentiality, we cannot promise or enforce it. If you have any questions or concerns in regards to confidentiality, please speak with one of the facilitators.

What you may expect at the beginning of the meeting:

- The facilitator will remind everyone about the challenge of confidentiality.
- We will introduce ourselves to one another and start the meeting on time (to the best of our ability – understanding that technology challenges will occur).
- When we start the meeting, everyone will get an opportunity to share what they would like to share with the group. If you choose to remain quiet, please say so.

What you may expect during the meeting:

- Emotional support from people who may have experienced some of the similar challenges that you faced.
- Empathy from people who have similar experiences.
- Information sharing, but only what worked for the person sharing. We are not to give unsolicited advice.
- No should's on people.

Basic Group Guidelines:

- Facilitators will trust that as an adult you know what you need to do to support yourself.
- You are responsible for you. No one in the group is responsible for any other member of the group.
- When we all take care of our own individual needs then the needs of the group are taken care of.
- Treat everyone (including ourselves) with Unconditional High Regard.
- Try to be mindful of the online challenge that we cannot see body language and it is hard to see when someone has something to say.
- We ask that we use the "Raise Hand" function in Zoom or we raise our hands in the screen so that the facilitators can see you want to ask a question or share something.
- If on the phone please just say "Hello this is (your name)" and one of the facilitators will acknowledge you and let you know when it is your turn to share.
- Remember: no saving, no rescuing, no setting people straight.
- If you feel that you want to give unsolicited advice – don't!