



## CODE OF CONDUCT

### **Confidentiality**

Any information a person shares at the meeting will be treated by everyone as confidential.

### **Respect**

for each other and self. We accept each other and avoid making judgements. We listen to each other.

### **Participation**

only to the level you feel comfortable and to a level that allows others to share, too. We have the right to speak, the right to remain silent, and the right to be heard without interruption.

### **Safety**

We create a welcoming, secure and safe environment that is free from harassment, discrimination and abuse.

### **Facilitation**

Our psychologist will not undertake individual therapy, they are here to guide group discussion and to help create a safe environment. We begin and end our meetings on time.

### **Support**

This is a mutual self-help group, not a therapy group. We support each other in a respectful way.

### **Feedback**

Comments and suggestions to the group facilitator after the meeting are always welcome.

### **Community**

there are other support services available in your community, such as Lifeline WA 13 11 14 and Beyond Blue 1300 22 4636.

**If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000**