



Peer Support Group Meeting Disclaimer and Agreements

Facilitator's Disclaimer-make sure to share at the start of the meeting:

Before we begin, please note that the topics discussed in today's session may be sensitive or triggering for some participants. Your well-being is important to us. If you feel overwhelmed or need support outside of this session, we encourage you to access the following resources, which are available for immediate assistance.

Chat Post - Please post in the chat at the beginning of the meeting or give handouts if meeting in person.

For immediate support, please refer to the resources below:

- Provincial Crisis Lines Network: 1-800-784-2433 – For individuals considering suicide or for those concerned about someone who may be at risk.
- KUU-US Crisis Line Society:
 - Toll-free: 1-800-588-8717
 - Youth Line: 250-723-2040
 - Adult Line: 250-723-4050
- Suicide Crisis Helpline: Call or text 9-8-8
- Metis Crisis Line: 1-833-638-4722
- Fraser Health Crisis Line: Toll-free: 1-877-820-7444 or Call: 604-951-8855

Additional Resources:

Visit Crisis Centre BC at <https://www.crisiscentre.bc.ca/get-support/> for more services and support options.

See next page for meeting agreements

Meeting Agreements

Welcome to a peer-led support group. Please note that a peer-led group is not meant to be therapy or counselling. We all want and need this group to be a safe place to share, so we collectively agree to the following:

- 1. We agree to keep confidentiality. What is said here, stays here.** If we feel it would be helpful to share something we heard in group, we do not use names or other identifying information. **Please note: All facilitators and group members have a responsibility to disclose to authorities any concerns regarding harm or abuse to self, elders, family or others.**
- 2. We agree to be accepting, non-judgmental and inclusive of others.** We agree that excessive swearing and discriminatory or stigmatizing remarks or jokes such as those based on one's background, race, origins, skin colour, religion, gender, gender identity (ex: trans, gender fluid, non-binary), sexual orientation, age, or mental or physical disability are not acceptable and will not be tolerated.
- 3. We agree to refrain from making comments or having conversations with others in the group while someone is sharing.** This is often referred to as "crosstalk" and is distracting for group members who are trying to listen, as well as the person sharing.
- 4. We agree that everyone has a right to pass.** Although sharing is encouraged, we understand that it may take time for someone to feel comfortable enough to share and that's ok. Sometimes simply coming to the group is enough for today.
- 5. While at Group we agree to refrain from substance use, self-harm, or aggression towards other group members.**
- 6. When talking about mental health practitioners, various treatments, or medications and their side effects, we agree to keep in mind that we are all unique and that these can affect each person differently.** This is not the space to discuss or question specific medication or treatment plans. These are personal, confidential conversations between an individual and their care provider.
- 7. We agree not to engage in detailed or glorified talk about suicide methods or attempts, self-harm, trauma, violence or substance abuse. This can be triggering for some people. However, it is all right to talk about one's thoughts and feelings regarding these issues.**
- 8. If you are feeling suicidal or may harm yourself or someone else, please tell us. We agree to support you to get help.**
- 9. When offering comments to someone who has shared, we agree to allow the person sharing to finish before asking permission if they would like comments and we respect the choice if the answer is "no". We agree to speak from our own perspective using "I" statements.** For example: "When I felt that way..." We find sharing personal insight is usually more helpful than giving advice, even when advice is requested. In addition, we agree to base our comments on what the person has shared rather than asking questions in an effort to elicit more information. People share what they are comfortable sharing at any given time and such questioning may lead them into areas they would rather not go.
- 10. We agree to try to start and end group on time.** This is important so that everyone has the time and space to share. If we arrive after a meeting has begun, we agree to join in quietly and/or mute ourselves if on Zoom. Please try to stay for the entire group.
- 11. We agree to silence or turn off our cell phones and/or mics.** If we need to take an important call or leave the room for another reason, we try to wait until the person sharing has finished.