



Rethink Mental Illness Manchester Support Group Ground Rules/Values

- We are all here because of similar personal circumstances including those who have given their own time to make this group happen.
- Every member is important and will be listened to with respect.
- All group members to be welcoming and non-judgemental to others.
- We try to make sure everyone is able to have their say and is listened to. However, it's not necessary that everyone must contribute in discussions and we do not pressurise anyone to speak.
- Allow people to finish speaking without speaking over them.
- We always respect confidentiality. What we say stays in the room and is not shared outside with anyone unless someone may be at risk from themselves or others.
- We are a voluntary led group, offering support through shared experiences. We do not give advice or therapy but encourage the sharing of information about local agencies or organisations that can offer this help.
- All members must respect that we are all individuals and whilst we may share similar experiences, there will still be differences in our situations, we are all unique.
- We may not agree all the time, but we do respect that we all have our own opinions and still value everyone's contribution.
- No smoking of cigarettes or e-cigarettes is allowed inside the building. Please use designated smoking areas, where available.
- Members must not come to the group intoxicated or having used any illicit substances. If they do they will be asked to leave.
- No swearing, bullying, intimidating, violent, aggressive or threatening behaviour to be used.
- No discriminatory or stereotypical remarks or behaviour in the group
- The group will hold contact details for group members for up to six years from the last time we have heard from you. These details will be held on a password protected phone or a secure database and will not be shared outside of Rethink Mental Illness. This does not affect any opt in arrangements you have made with the rest of the Charity i.e. as a donor or member or other type of supporter.
- No posting of personal information or photos of other group members on social media sites and all other public domains will be done without the consent of those concerned. Respect your fellow member's right to privacy. You will need to have written consent for using photographs.