



Support Groups Guidelines and Procedures

This document contains vital information about the organization's policies, as well as your rights and limitations that you should be aware of. Please read the below mentioned points carefully.

1. Confidentiality

Anything said between any two or more group members at any time is part of the group and is strictly confidential. I understand that everything said in group is confidential. I agree to keep secret the names of other members of the group and what is said in the group. I agree to keep secret anything which occurs between or among group members. I understand that there is an exception to this confidentiality which applies to the clinician if there is a deemed risk or danger to someone.

I understand that if I violate this confidentiality I will be removed from the group.

2. Participation

No group member is ever required to answer any question, to participate in any activity, or required to share. If I am asked questions or asked to participate in an activity which makes me feel uncomfortable, I understand that I have the right to refuse.

3. Dignity

No group member is ever humiliated, hazed, or abused in any way. I agree to avoid this destructive behaviour. I agree to be respectful of others at all times. I agree to empathetically listen and give space for others to share their thoughts without judgement or interruptions.

4. Contacting the Clinician

You may leave a message with the Receptionist at the Openminds Psychiatry, Counselling and Neuroscience Center, or contact your clinician by email at any time. Clinicians will make every effort to respond to the message from support group members. Please note that while clinicians provide brief courtesy calls as needed, extended communication contact requires formal appointment booking which is chargeable.

If you find any offense or see other participants being inappropriate, please inform the clinician directly.

I promise to faithfully enforce procedures and guidelines for this group.