



Devon Mind Support Group House Rules

Hopefully, all Devon Mind peer support groups will provide attendees with emotional and psychological benefits, however they are **not** therapeutic in nature. Everyone attending our groups is encouraged to participate to whatever extent they feel comfortable. The following house rules are intended to facilitate the development of trust in the group and enable attendees to share their thoughts and feelings with one another safely.

1. Confidentiality is essential; we expect that everyone in attendance will respect and maintain the confidentiality of the group. What is said in the group is not to be repeated or discussed at any other time or place. Any concerns regarding significant risk to self or others may be shared outside the group; this will only happen after we have checked out what has been said, privately, to prevent misinterpretation.
2. Attendees will agree on a “Code of Conduct” for meeting others outside of sessions, to cover what they would be comfortable with in this situation. This may include if the group member is with someone outside of group that they want to be ignored, not get into a conversation, or ask if they are going to the group next week, etc.
3. No verbal or physical aggression of any kind will be tolerated. Similarly, threats of this or any kind against attendees, facilitators, or speakers will not be tolerated.
4. Do not attend the group if you are under the influence of alcohol or recreational drugs. Those believed to be under the influence will be asked to leave immediately.
5. We are here to share our own feelings and experiences; we try not to give advice.
6. We each share the responsibility for making this group work effectively. This includes attendees, facilitators, and speakers.



7. We will try to accept people as they are and avoid making judgments. We respect the fact that, owing to the nature of mental health, people may be in different moods between sessions, and we will not make negative judgments about this.
8. We will try to give everyone in attendance an opportunity to share. This may mean allowing facilitators to move the conversation on or bring a contribution to a close if others need to be included.
9. Attendees have the right to speak and the right to remain silent.
10. Attendees will give supportive attention to the person who is speaking and avoid side-conversations.
11. We avoid interrupting. If we do need to break in, we will return the conversation to the person who was speaking.
12. We have the right to ask questions and the right to refuse to answer.
13. We try to be aware of our own feelings and talk about what is present to us now, rather than what life may have been like for us in the past.
14. We do not discuss group members who are not present during a given session.
15. We will begin and end group sessions according to the scheduled times. Facilitators will ensure this happens and should be respected in doing so.
16. Please put your phones on silent or vibrate-only mode. If you do need to take a call, please step outside of the room to do so.

Wherever possible, the same facilitators will stay with each group on an ongoing basis. Attendees can choose to leave and come back in at any time.

Please note: Even though our goal is to support each person, the group may not meet your exact needs. Before deciding this group is not for you, however, we hope that you will attend at least two sessions. We always welcome feedback on our services.