

Rules and Code of Conduct

Welcome to the ADAVIC Support Group.



For the group to be beneficial for everyone, we have some agreed rules:

What is the purpose of the Support Group?

- To create a safe environment for discussing issues relating to anxiety and depression
- A place to share and reflect on our experiences, and seek social support

Who runs the Support Group?

- Meetings are led by ADAVIC's trained Facilitators who volunteer their services

Who can attend?

- **Age:** All participants must be over 18 years of age
- **Who:** People experiencing anxiety as well as their partners, friends, or carers
- **Fees:** A small attendance fee per meeting helps to cover ADAVIC's costs. If you are attending as a support person (eg, partner, carer) for a participant, there is no fee.

Is everything I say confidential?

- What gets discussed in the meeting stays in the meeting, unless the Facilitators have concerns about your wellbeing or the wellbeing of others. Facilitators may need to provide information to others to help ensure that people are safe.

What can we discuss in the group?

- We keep our conversations to OUR OWN EXPERIENCES relating to anxiety and depression issues. This is not a forum for our opinions about politics, religion, violence, or passing judgment about other people.
- We avoid colourful language
- We do not interrupt others
- We respect the opinions of others

Do I have to speak?

- There is no pressure to speak – everyone is welcome to just sit & listen
- There is no pressure to stay for the entire meeting

Phones:

- Mobile phones are to be turned off or set to "silent"

Agreement

By signing below, I agree to the Rules and Code of Conduct. I understand that if I act outside of the rules I will be asked to leave.

Name (you may remain anonymous)	
Signature	Date