



ARAFEMI BIPOLAR SUPPORT GROUP Group Guidelines

Bipolar Support Group members have decided on the following guidelines to help the group run smoothly and to create an atmosphere of safety and acceptance for all group members.

- Confidentiality: What's said in here (the group) stays in here.
- One person speaks at a time.
- Everyone gets a turn to speak, if they want to.
- People have a right not to share or answer questions if they don't want to.
- Be aware, sometimes people need extra time in the group to share their experiences.
- Respect older and newer members and their differing needs
- Punctuality:
 - The Support Group starts promptly at 7.30pm
 - There will be fifteen minutes leeway to arrive at the group – for security reasons the front door will be locked after that.
 - If you are running late, you can call a group member before the group starts.
 - The group finishes promptly at 9.30pm.
- Introductions: Two minutes maximum.
- Short Break: at 8.30pm for 5 – 10 minutes.
- Duty of Care*: The group facilitator (Amanda) has a Duty of Care in terms of people's safety.
- * Group facilitators will treat all private and personal information in the strictest of confidence. If a group participant demonstrates intent to harm themselves or others, this duty of care obligation can override confidentiality. The group facilitator will discuss any concerns with the person in question as well as the ARAFEMI Manager of Family Support. The group facilitator may take immediate action to ensure the safety of the group participant or other participants