



RULES AND REGULATIONS

Upbeat is a peer support self-help group, not a therapy group. Hopefully, this group will provide emotional, psychological, and moral support for its members. Each of us is encouraged to participate to whatever extent we feel comfortable. The following ground rules facilitate the development of trust in the group and enable us to share our thoughts and feelings with each other.

In an emergency

If it is deemed that someone is at risk of harm to themselves or others please contact admin **privately**. The following process will then take place:

- Admin will attempt contact with the group member
- If unable to, we will contact the individuals emergency contact provided in the google form (if we have one)
- If no emergency contact is provided and no contact can be made, emergency services will be contacted
- Once contact has been made or any updates on the wellbeing of the member have been established, we will let you know privately. This will not be published in the main chat for the privacy of the member.

Once the issue has been passed to admin please **do not** make any further attempts to help with the situation. This could prevent help from getting to that individual quickly, and could potentially duplicate calls to emergency services.

Under **NO circumstances** is a member of the group to make contact with any family members, friends, or associates.

Link to provide Upbeat with emergency contacts: <https://forms.gle/m7TZ4QL6viEwBjYa8>

Confidentiality

Because confidentiality is essential, we expect that each person 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.

Personal information such as phone numbers are not to be passed to anyone outside the group without that persons expressed permission

Members are not to contact family, friends or anyone else related to other members without peoples expressed consent.

Judgement/acceptance

We try to accept people, just as they are, and we avoid making judgments.

This is a non-judgemental and open space, any negative remarks around race, religion, gender, sex, sexual orientation, disability, age or any other aspect of a person's identity will not be accepted

Politeness

We try to give everyone an opportunity to share.

We have the right to speak and the right to remain silent.

We give supportive attention to the person who is speaking and avoid side conversations.

Sometimes people may say things you do not agree with, please debate respectfully and do not use words that are harmful or threatening

We expect people to stay objective, and not to pay blame, make assumptions or finger point.

This is a safe space for everyone - do not make sexual comments to other members, or press for other romantic engagements.

Members are not to ask others for money or other items of value

Legal

Upbeat are an unregistered and unincorporated organisation run purely by volunteers. We hold no insurance and accept no liability for anything that may be lost, stolen or damaged during group meetings, or any personal injury.

Upbeat cannot be used in substitution for medical treatment, medication, psychological help, counselling, therapy or for use during an emergency.

Any advice provided in the group is based on personal experience. Please use your own intuition and judgement when taking the advice of members of the group.

If you feel that any of these rules have been broken please **contact admin immediately** and explain the situation.

If you are found to be breaking any of the above rules, admin reserve the right to remove you from the group with immediate effect.