



Whilst Attending a Support Group:

DO

Listen non-judgementally

Encourage people to express how they feel

Accept other people's perspectives

Keep the information shared confidential

Understand that you do not have to solve the problem for the member

Recognize a member's successes and help the member to appreciate their achievements

Speak about Panic Attacks, Agoraphobia, Generalised Anxiety Disorder, Social Phobia and Obsessive Compulsive Disorder and specific Phobias

DON'T

Interrupt others while they're speaking

Diagnose, label or analyse members or member's family and friends

Give unsolicited advice

Force your values and or beliefs on others

Expect others will always agree with or see things the way you do

Promise or promote quick fixes

Make private referrals

Discuss non-anxiety related issues



Statement of Confidentiality For Support Group Meetings

This support group provides an opportunity for all group members to share their personal experiences with anxieties and to discuss related issues and ideas.

Everything that is shared by any group member during this meeting is confidential to the group.

All members are expected to honour the confidential nature of the discussion, and should not raise any of the issues, ideas or experiences which are shared in the meeting, with any person outside of the meeting in a way which identifies the group or any group member.

To assist in this, only first names will be used during this meeting.

I have read and understood these guidelines and will endeavor to abide by them.

.....
Print Name

.....
Signature

.....
Date