

## **GUIDELINES FOR MDO VIRTUAL PEER SUPPORT GROUPS**

- **RESPECT CONFIDENTIALITY AT ALL TIMES**
- Please create a private space and safe space, this is intended for us to share freely and to do so we need to be mindful of others
- Only share what you are comfortable with
- No Recording - Video, Audio or Screen Shots
- Avoid judgement and impulses to "fix" others or situations
- Chat Box is an option to communicate with the facilitator for support.
- We appreciate if everyone follows our **MDO Code of Conduct**
- **RESPECT DIVERSITY AND INCLUSIVITY AT ALL TIMES**

### **SHARE TIME**

- While someone is talking, we ask that you stay muted so that we can give the speaker 100% of our undivided attention. Please wait to get called on to speak.
- To speak please use the Raise Hand Reaction: this creates an ordered list to speak
- Phone options: to Mute/unmute is \*6. Raise/lower hand is \*8.
- Please make feedback person-focused. If you can relate, please connect and support. Nobody wants to feel alone.
- Sharing is optional but we encourage participation
- Be mindful of horror stories and graphic details
- If your share goes over the allotted time, one of the facilitators will politely let you know it's time to move on.

### **WHAT TO EXPECT**

- Welcome from facilitators
- Using the list from the participants log found in the CHAT we will ask for introductions from everyone, the facilitators will ask 3 Things
  - 1) Name
  - 2) Diagnosis/Struggle (optional)
  - 3) Icebreaker Question

- Then we will open the "floor" for each person to share for 5 mins about the challenges of living with mental health and 5 mins of supportive person focused feedback from the group, if wanted. (ex. Sharer: I haven't slept in 5 days? Feedback: Has there been any changes to your routine that could be affecting your sleep?)
- If time we will take up some group topics of interest to discuss
- At the end of the session, we will do a group check out and offer any new MDO upcoming announcements.

### **\*\*FOR SELF CARE \*\***

- Feel free to do what you need to do to feel comfortable during the session.
- Please have a PLAN in place if SELF CARE is needed.
- Please post reason in chat to a Facilitator if leaving the meeting in case follow up is needed.