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**RECOVERY PARTNERS**

***NHS Experts by Experience***

**ONLINE MEETING GROUND RULES**

1. Confidentiality is at the forefront of every meeting.

* What is said and done within the meeting stays in the meeting.
* Exercise caution and respect anonymity when referring to other people’s experiences.

1. Be respectful, supportive, and encouraging to each other always.
2. Breaks, if needed, will be planned, and timings adhered to.
3. Listen and allow others to speak. Avoid interrupting and use ‘raise hand’ if necessary.
4. Silence all mobile phones. Important calls must only be taken when you are offline.
5. You may leave the meeting if you are distressed or upset, but please contact, or expect contact from, the meeting facilitator directly afterwards to ensure safety.
6. Try to arrive on time. However, we understand that there can be issues with connectivity.
7. Please do not attend under the influence of drugs or alcohol.
8. Group members must not contact others outside of the group without their expressed consent and permission. To do otherwise, could be considered as stalking, which is a serious issue that can cause emotional distress and anxiety.

**SAFETY BOUNDARIES**

* There is no obligation to meet any peer outside of the group, but should you wish to at any point never meet a peer in your home or theirs, until you are certain you can trust them.
* If you have a concern that a peer will do something unsafe, inform the group facilitator or a health professional.
* If you feel uncomfortable with a relationship with a peer inform the group facilitator or a health professional.
* If a peer is ever threatening towards you or others in the group, seek help from the group facilitator or the Police.

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