



# Support Group Guidelines

*Maintaining a safe & supportive environment*

Arafmi proudly runs a number of support groups throughout Queensland to help provide support for people caring for a loved one, friend or relative with a mental illness.

Our groups provide a supportive environment where people have the opportunity to talk about their feelings, help explore alternative ways of coping, offer support to other group members or allow members to simply “listen and observe”.

To help ensure everyone in the group feels safe and supported, we've developed a set of group guidelines:

- All shared experiences are confidential and must stay within the group.
- Allow the person speaking to have their turn by not interrupting others.
- Respect others opinions.
- Be aware of imposing judgements on others.
- Be open and supportive.
- Be sensitive to other people's feelings.
- Commit to maintaining a safe, non-threatening environment.
- Take time out if necessary.
- Do not use sexist, racist or abusive language when participating in the group and interacting with other members.
- Be sensitive to the needs of new members.
- Do not give out medical or legal advice, refer people to their GP/ Psychiatrist for medical advice or Legal Aid or Community Legal Centre for legal advice.
- For the comfort of others, we kindly ask that you do not bring any babies or children to the support groups.

**If you would like to discuss any of the above guidelines or would like to share your feedback, we welcome you to contact us.**

Please contact Ruth, our Carer Support Coordinator on **07 3254 1881** or email [supportgroups@arafmi.com.au](mailto:supportgroups@arafmi.com.au).

