



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 *
 - Avoid triggering others – talk of suicide, details of trauma
 - Understand that you do not have to solve the problem for the member
 - Recognise a member's successes and help the member to appreciate their achievements
 - Speak about Anxiety and OCD
-

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.

* Facilitator will break confidentiality if they gain knowledge of: a person who is in danger of being harmed, whereabouts of a missing person and a crime.

