

Peer Support Community Guidelines



- Members agree to maintain confidentiality of their peers and must refrain from sharing any confidential information outside of the group without permission.
- Members must respect each other's viewpoints and acknowledge that individual experiences may differ from their own.
- Members must not share content that may cause harm to their peers.

Community values

Our community is built on the Foundations of trust, empowerment, and mutuality. Trust is fundamental, establishing a secure and confidential space for open dialogue and shared experiences. Empowerment is a shared commitment, recognizing the strength within each participant and fostering a collaborative atmosphere for personal growth. Mutuality binds our community together, creating a reciprocal environment where support and understanding flow freely among members.



When these values are upheld, they facilitate the following:

- Emotional and informational support
- Reciprocal, mutually beneficial relationships
- Freedom to be oneself

Group facilitator's role:

- To maintain the values and objectives of the community.
- To ensure the smooth running of any planned sessions.
- To summarise useful tips and information shared within the community.
- To support the flow of conversation during live sessions and to moderate content in the forum.

