

Attendance Expectations



Attend all Group Sessions

Group members rely on each other to enhance their learning experience and can become concerned when other members are absent. If you need to miss a meeting, please notify the lead facilitator prior to the group.



Group Stability

Group stability, cohesion and trust is important to us. If you miss too many sessions, we may invite you return at another time.



Be Present & Ready to Learn

Limiting distractions and being present is important to get the most out of the group experience. We ask that you find a quiet room with the door closed, so you are not disrupted during the group. Please arrive on time for the start of the session and do your best to come alert and ready to learn.



We Need to See You

Always keep your camera on and stay in the group. If you do need to step away from the screen momentarily then please inform one of the facilitators.



No Drugs or Alcohol

Do not attend the sessions under the influence of alcohol or drugs. We want you alert and able to listen and learn. If you are under the influence of any substances during the group meeting, we may ask you not to participate any further.



Personal Devices

We ask that you attend groups either on a laptop or tablet. Mobile phones are not appropriate as they can become distracting. Mobile phones should be put away and not used unless instructed by the facilitators or on break.

Participation Expectations



Participation

We encourage you to share your experiences with the group, although we understand that there will be times when you need to be silent.



Emotions

Be present with your feelings and thoughts – tapping into your emotions is part of the process, so tears are OK.



Healing Commitment

Be willing to try new behaviours and new ways of doing things. Change comes from doing, so try the homework and stay open to the process.



Confidentiality

Anything you learn about other group members must remain confidential, and not shared with anyone outside of the group. Feel free to share information about the skills you learn in the group.



Stay Safe

Think about your own safety and everyone in your group. Whilst an important part of the group is to share suicidal thoughts and behaviours, we ask everyone to be mindful of not providing details that may be distressing or triggering to others – e.g. specific method/location/images.



When in Crisis

Consult your GP, referrer, your Safety Plan or go to the Emergency Department. If your crisis is life threatening call 000 or Lifeline on 131114.



Be Kind to Yourself

Be kind to yourself. Give yourself time. You are making a new start here and planting the seeds for growth. Know that it is possible to learn other ways to manage distress and live a happier life.



Be Kind to Others

Be kind and respectful to other group members and facilitators.