

# Voices & Visions Support Group Guidelines

1. Accept that voices and visions are real experiences.
2. Recognize that people are not any the less for having voices and visions.
3. Respect each member as the expert of their own life.
4. Honor each persons' freedom to interpret their experiences in whatever way feels right for them.
5. Focus on sharing experiences, support, and empathy rather than judgement or analysis.
6. Information shared in the group will be kept confidential.
7. Accept people as they are and meet them where they are.
8. Make no assumption of illness or diagnosis.
9. Discriminatory or harmful language will not be tolerated.
10. Interact with others in ways that are respectful and supportive.
11. Ask permission before sharing something that may be sensitive or personal.
12. Avoid graphic detail, as they may be triggering or overwhelming for others.
13. Attendance and participation in the group is always optional.
14. Maintain a safe and judgement-free space where people can share at their experiences, feelings, and challenges at their own pace.
15. Facilitators participate as peers with lived experience. They help hold space, support the flow of the group, and can offer resources if requested.
16. Facilitators do not provide medical treatment or advice