



Bipolar UK support groups provide a safe environment for people to learn about bipolar, share information and benefit from peer support.

By attending this meeting, you are agreeing to abide by both of the Bipolar UK Code of Conducts for Support Groups.

Code of Conduct for Support Groups: Remote sessions

Group members WILL:

- Be in a private and confidential space, with a closed door, for example a bedroom or home office
- Be alone or only with those also attending the session, e.g. carer
- Not share personal contact information with other group members – use first name only when linking in.
- Email supportgroups@bipolaruk.org with the name of the group, if they wish to be added to the group mailing list
- Respect the role of the group facilitator (Host and Co-Host)
- Show respect for each other
- Be courteous to others at all times
- LISTEN to each other
- Allow others to speak and have their say
- Take time out if needed - meetings can have an emotional impact, and you may like to take a few minutes to step away and re-join.
- Silence mobile devices or other devices during the meeting.
- When discussing feelings of a suicidal nature please do not talk about methods.
- Keep to time
- Abide by the group rules on confidentiality and unacceptable behaviour
- Refrain from using offensive language

- Refrain from any discriminatory comments or behaviour

Group members WILL NOT:

- Continue the meeting once the facilitator has ended the session, the meeting will be closed by host and co-host on zoom
- Drown out the voices of others or monopolise discussions
- Impose their views on others
- Consume alcohol during meetings
- Bring young children into the zoom group for confidentiality and safeguarding.
- Exploit other group members sexually, physically, emotionally, financially or in any other way
- Sit in a public or open space to have the meeting respecting the confidentiality of other participants.

Anyone who infringes the rules of the group may be asked to leave the meeting.

If you need any support in between meetings please utilise our other services:

- Bipolar UK eCommunity: join via our website bipolaruk.org/ecommunity.
- Bipolar UK Peer Support Line: book a telephone call or get support over email by contacting info@bipolaruk.org.

The views expressed within the group don't necessarily represent the views of Bipolar UK