



Confidentiality Policy for Support Groups

We believe that a high degree of confidentiality is essential in order to make the Bipolar UK Support Groups a safe place for people to share experiences.

- 1) The general policy is that no group member's individual details and experiences should be discussed outside a support group meeting.
- 2) It should be understood that the practice of not disclosing personal or private information extends beyond just omitting a person's name during a discussion.

If a dilemma arises whereby an individual's details need to be discussed with a third party, all possible means of identifying that individual must be removed and no unnecessary details should be included. The issue must be presented in terms of a general dilemma of policy or protocol, rather than focused on an individual incident or behaviour.

Exceptions where confidentiality will be breached

- a) You or a member of the group discloses something that is going to cause significant harm to you or others
- b) You or a member of the group discloses that they have committed / intend to commit a criminal act.

In each of these cases the authorised co-facilitator of the support group has a responsibility to contact the Support Groups Staff Team, unless in an emergency when 999 should be dialled.