DEPRESSION AND BIPOLAR SUPPORT ALLIANCE OF BOSTON (DBSA BOSTON)

GUIDELINES FOR DBSA GROUPS AND MEETINGS

• DBSA-Boston invites all who cope with mood disorders, and their family and friends, to support each other through sharing and caring.

• We share our feelings, experiences, and coping strategies by sharing only our personal experiences.

• We treat all with compassion and dignity.

• We do not confront, judge, or discriminate.

• We are careful not to impose our views on others.

• We avoid the following topics as they may unintentionally harm some participants: politics, graphic sexual themes, suicidal methods, and details of traumatic events.

• While many may find comfort in the embrace of religion and spirituality, we do not impose our views on others.

• We maintain confidentiality: What we say here stays here. Please be careful when attending an online group to ensure that no one is privy to what you or others in the group are saying. If you are not in a private room, please use headphones.

• While smartphones may be used for the purposes of attending an online meeting, they should not be used for any other purpose during a meeting. Note taking is not allowed.

• Our groups are peer-led, and thus are not therapy groups. Group leaders are not therapists, but trained volunteers whose primary goal is to maintain the safety and integrity of the group.

• **By joining any DBSA online group or DBSA sponsored meeting, you agree to hold DBSA harmless for any potential breach of confidentiality and/or discomfort within the meeting; DBSA expects but cannot guarantee complete confidentiality due to the semi-public nature of online groups.**

• Online meetings do not have buddies or on-call support; if the facilitator determines that someone is unable to follow the guidelines, or needs more help than the group can offer, the facilitator may refer that person to other resources on our website (www.dbsaboston.org), and may remove them from that particular meeting.

• These guidelines apply to DBSA support groups, Facilitator meetings, Share Care meetings, Board meetings, and any other DBSA sponsored meetings that are not held in public settings.

Adopted as of 3/24/20