

Group Support Community Guidelines

Welcome!

This Group Support Community space exists to carry the message of Alcoholics Anonymous and related substance abuse recovery topics to people who have a desire to stop drinking and using.

As a community member, you're part of a large and diverse group filled with people who are dealing with problems related to alcohol and substance abuse. Like most communities, whether online or in the physical world, Group Support Community has some basic guidelines to keep the environment safe and encouraging for everyone who wants to participate.

The expectation is that you respect the following guidelines so everyone may have the best possible experience in a healthy environment:

- Share your own experience, strength, and hope based on your own life experiences.
- Treat people with respect and know that they are in various stages of recovery.
- Harassing and insulting behavior will not be tolerated.
- Do not chat or speak in a sexual or obscene manner or make negative racial or gender comments.
- No swearing.
- Do not speak/chat the personal information (e.g. phone # and email) of others without their permission.
- Do not give medical advice of any kind, even if you are a licensed professional.
- The Group Support Community is for people who have the desire to stop drinking and using.
- Speaking shocking or off-topic messages with the intent of provoking others is prohibited.
- DO NOT speak or chat while intoxicated or impaired.

Not following the guidelines, may result in you being removed from the meeting.

If you are in crisis or need emergency help, please call 911 or the National Suicide Prevention Hotline at 1-800-273-8255 immediately.