

The Support Group community is a place to find fellowship and recovery. The expectation is that you respect the following virtual platform guidelines so everyone may have the best possible experience in a safe and supportive environment:

- Share your own experience, strength, and hope.
- Treat people with respect no matter their stage of recovery.
- Private or public chats should be about recovery topics and offering support to fellow meeting attendees.
- Do not harass or insult others by speaking or chatting racial or gender comments.
- Do not speak or chat in a way that insinuates sexual undertones, crosses personal boundaries or comes across as flirting.
- Contribute by sharing with the group while being mindful of others' need to share.
- Avoid distractions and interruptions if possible by participating in a quiet, private space.
- Respect the anonymity of meeting attendees by not publicly disclosing what was said in the meeting.
- Refrain from swearing.
- Do not speak or 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.
- Do not speak or chat shocking or off-topic messages with the intent of provoking others.
- Listen quietly with audio on mute if you are intoxicated or impaired.
- Mute your microphone at all times unless you are sharing.

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.