

AIMS OF THE GROUP

To provide a safe virtual space for those affected by self-harm in order to support them, allow them to express themselves without fear of judgement, get a better understanding of their self-harm, engage in peer support (help and be helped), and reduce isolation.

GROUP AGREEMENT

1. Battle Scars is a safe space for everyone.
2. We're here to support each other.
3. Group members are to be non-judgemental.
4. Everything said within the group will remain confidential. Sharing learning is acceptable, identifying people is not. We recommend the use of headphones in circumstances where the conversation could be overheard (if sharing a house for example). If a group member makes a disclosure of serious danger to their health, the Battle Scars facilitators will break confidentiality and do their best to act (by calling an ambulance, for example, if the member's address can be obtained).
5. Everyone in the group has the right to be listened to, and their views, thoughts and opinions respected.
6. Please speak one at a time, everyone has the right to speak without being interrupted. Depending on group size, the facilitator/host may mute/unmute members to keep conversations manageable and sound quality as good as possible. Members will need to indicate when they wish to speak, by raising their hand or by messaging the host or co-facilitator.
7. Please speak from your own experience instead of giving advice.
8. It is acceptable not to say anything.
9. It is acceptable to take part without video.
10. If you need to leave the group early – for whatever reason – please let one of the facilitators know (you can use the chat function). If possible, please reassure the facilitators that you're safe.
11. Sometimes things said within the group may be quite triggering (including talk about food). If it is too much, please say so. You can also message one of the facilitators to indicate this.
12. Please do not describe or compare self-harm methods or injuries – this includes food-related self-harm. Please do not describe or share details of traumatic events – if in doubt, use the chat function to check with the facilitator.
13. The facilitators will interfere if they perceive a risk to the group.
14. Please turn off your microphone and camera if you wish to smoke, eat or drink alcohol during the group. If anybody attends intoxicated, they will be removed.
15. If the facilitators become aware of any safeguarding issues, they will follow the Battle Scars policies and procedures and take action if possible.
16. Battle Scars is not a crisis service but we will support you as much as we can if you are in crisis. Please bear in mind we may only be able to signpost.
17. Anybody attending in a professional capacity MUST tell the group during introductions.
18. If you book but are unable to attend, please cancel your place by emailing info@battle-scars-self-harm.org.uk or texting 07410 380747
19. Every individual - every single one of us - matters.