

GROUP RULES

Nothing in this group constitutes or replaces medical advice. The discussions made within this group are the opinions of the individual members..

This group is a place for SUPPORT and for INFORMATION for parents who are having issues around mental and emotional wellbeing.

Members of the group will be at different stages of the healing process so please bear this in mind when commenting as sometimes intentions can be taken the wrong way and cause upset.

This is not to say that feelings and opinions cannot be discussed here, but please note that any comments that appear to be upsetting and causing heated discussion will be addressed.

This group aims to be a safe and confidential space.

Please respect everyone's time. We discourage talking over other members, interrupting, or generally being discourteous. Some of our members may be outspoken, others may be quiet. We want to create a supportive environment where everyone feels able to share and has time to talk.

Any member of the group found to be sharing personal information disclosed within this group will be removed and blocked permanently from the group. This group works on a basis of mutual trust and respect, and given the level of highly sensitive personal information shared here, it is imperative that all members comply with this rule.

Members may wish to exchange contact details so that they can form friendships outside of the group. This is the the personal responsibility of group members and The Parent Rooms will have no responsibility for communications that happen outside this group.

WITH REGARD TO ONLINE GROUPS

Please ensure that when you are logging in, that there is no one else present in the room with you to protect the confidentiality of other groups members. Please have your camera turned on. Mute your mic when you are not speaking to avoid background interrupting the person who is sharing. Only parents registered with The Parent Rooms will be given access to the meeting link. Do not share this link with other people.

*****WITH REGARD TO COMMENTS THAT POINT TOWARDS SELF-HARM/SUICIDE/HARM TO OTHERS*****

It is the responsibility of this group to keep its members safe and when we have concerns that a member may be at risk of harming themselves or others, facilitators will need to take action. This may include contacting your next of kin, or emergency services. If the member suggests harm, facilitators will in the first instance try to contact the member privately to ascertain if the threat is genuine. Failing this, or if facilitators aren't satisfied that the group member is safe, the next of kin/police/emergency services may be contacted to intervene.

Bear in mind that we want you to be honest and feel safe sharing here, but we also need to make sure you are safe yourself. Any intervention will be done in the best interests of the member and only facilitators may do this. Group members are asked to contact facilitators with any concerns and not to contact emergency services themselves.

If you do share something that leads to this kind of situation, please make yourself or a family member available to speak to a facilitator so that we can guarantee your safety.

Your safety and wellbeing is our utmost concern and we are all here to support you. Any questions, please let us know at hello@theparentrooms.co.uk

Thank you all for your understanding.