Mental Health First Aid Network Meetings: Group Agreement

November 2023

A group agreement is a list or set of statements or guidelines that a group formulates and agrees upon to create a safe, supportive, and productive environment for conversation and collaboration.

Please also refer to the Mental Health First Aid Network Terms of Reference document.

As members of the Mental Health First Aid Network, within meetings we agree to:

- **Listen without judgement.**
  we want to create a supportive and non-judgmental environment where members feel safe to share their thoughts, ideas, and experiences.

- **Maintain confidentiality.**
  we ask that case discussions and sensitive information shared remains within the group and is not shared with others outside of the group.

- **Anonymise examples.**
  when discussing practice and case examples we anonymise details and personal identifying factors.

- **Be mindful of your own wellbeing.**
  If the discussion in the meeting has had an impact on your wellbeing, please reach out for support.

- **Support each other.**
  by sharing examples of best practice, ideas, and advice.