SUPPORT GROUPS

**Guidelines for Participating in a Virtual Support Group**

**Support groups, while therapeutic, are different from therapy groups in a number of ways. Refer to Orientation to Groups for overall information on groups, including support groups.**

**We’ve detailed differences between support and therapy groups below. In order to participate in a UCC support group via telehealth, you must be in the state of Utah.**

1. **Privacy and confidentiality**

We cannot guarantee confidentiality, but we ask everyone to respect each other's privacy by agreeing not to disclose what other people shared in the meeting to anyone who did not attend the session.

We ask everyone to participate in this meeting from a quiet, private location where others do not overhear or interrupt the meeting.

This meeting uses a remote connection over the internet among participants, and in rare cases, security protocols could fail and the content of this meeting could be accessed by unauthorized persons.

Limits to confidentiality exist for the facilitators, and they are mandated to disclose information under the following circumstances; a) imminent risk of harm to self or others, b) reported or suspected abuse or neglect of a child, elderly or disabled individual, c) court order, and d) a communicative disease that constitutes a significant public health risk.

1. **Culture of respect**

We ask everyone to be respectful of each other by taking turns talking and being open to different opinions.

1. **Nature of the meeting**

This group is not a counseling or therapy group for treating mental illness. As a support group, it provides a space for participants to support each other as peers by sharing personal experiences and ideas. When clinical needs arise, participants might be referred to the UCC or other resources for further discussion.

In order to participate, you must be in the state of Utah when attending the meeting.

1. **Resources for crisis services**

SafeUT App: 24/7, confidential, and always free

<https://healthcare.utah.edu/uni/safe-ut/>.

You may also call 801-587-0712.

UNI Crisis Intervention, Hospital Diversion, and Warm Line Services

<https://healthcare.utah.edu/uni/programs/crisis-diversion.php>

The National Suicide Prevention Line

1-800-273-8255 provides 24/7 free and confidential support

Virtual Hope Box App - a multi-media coping skill app designed for individuals struggling with depression

<https://psyberguide.org/apps/virtual-hope-box/>

Woebot: Your Self-Care Expert

<https://woebot.io/>

# To connect with a Crisis Counselor at any time to receive free 24/7 support:

# Text HOME to 741741 (US and Canada)

# Zoom Information Specific to Support Groups

# Once you are registered for a support group, you will receive a Zoom link to join the meeting. It will be the same link from week to week, and we ask that you don’t share the link with anyone who is not registered for your support group.

# In order to be let into the meeting, you will need to provide the name & phone number of an emergency contact, along with a few other pieces of information.

# We are excited that you are interested in joining a support group and accompanying us in the new adventure of meeting online!