



Online Suicide

LOSS Survivor Support Group

When: every 2nd Tuesday of the month

Where: online (Zoom)

Guidelines

Welcome to our online grief support group! I'm honored that you have joined us and I'm looking forward to our time together.

I'd like to introduce you to the basic guidelines that will help create a supportive and respectful environment. They are designed to ensure that everyone feels heard, respected, and valued throughout our discussions.

I kindly ask that you familiarize yourself with these guidelines and keep them in mind as we engage in our sessions together. Thank you!

Paula Fontenelle

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Guidelines

Confidentiality: What is shared within the group stays within the group. Respect the privacy and confidentiality of all members by refraining from sharing personal stories or identifying information outside of the group setting.

Why? It fosters trust and creates a safe environment where members feel comfortable sharing their thoughts and feelings without fear of judgment or disclosure.

Active Listening: Listen attentively to others without interruptions or distractions. Show respect and empathy by giving each member your full attention when they are speaking.

Why? It encourages a supportive atmosphere where members feel heard and valued.

Respect and Empathy: Treat all group members with respect, empathy, and understanding, regardless of **differences** in opinions, beliefs, or experiences. Avoid making judgments or criticizing others.

Why? It fosters a sense of belonging and encourages open and honest communication.

Non-Judgmental Attitude: Refrain from passing judgment or making assumptions about others' experiences, emotions, or coping mechanisms. Accept each member's unique journey without imposing personal biases.

Why? To encourage honesty and openness within the group. It creates a safe space where members can share their thoughts and feelings without fear of criticism or rejection.

Boundaries: Respect personal boundaries and refrain from pressuring others to share more than they are comfortable with. Allow each member to determine their level of participation and disclosure.

Why? To promote a sense of safety and autonomy within the group. Boundaries encourage members to engage at their own pace and in a manner that feels comfortable for them.

Constructive Feedback: Provide feedback and support constructively and compassionately. Offer encouragement, validation, and constructive suggestions when appropriate.

Why? To promote growth, self-awareness, and mutual support within the group. It helps members feel supported and empowered to explore their emotions and challenges.

Please Avoid

Advice-Giving: Refrain from giving unsolicited advice or attempting to "fix" others' problems. Instead, focus on active listening and providing empathetic support.

Why? It can be perceived as dismissive or invalidating of others' experiences. It may hinder authentic communication and discourage members from exploring their own solutions.

Interrupting: Allow each member the opportunity to express themselves fully before responding or interjecting.

Why? It disrupts the flow of conversation and can make members feel disregarded or invalidated. It hinders effective communication and may discourage members from sharing their thoughts openly.

Please Avoid

Monopolizing: Refrain from monopolizing the conversation or dominating discussions. Allow space for all members to share their thoughts and experiences.

Why? It prevents other members from participating fully in the group and may lead to feelings of exclusion or disengagement. Let's promote inclusivity and ensure that all voices are heard.

Comparisons or Competition: Avoid comparing or competing with others' experiences or grief journeys. Each member's experience is unique and valid, and comparing experiences can be hurtful or dismissive.

Why? It can undermine the validity of others' experiences and emotions. It may create a sense of competition or hierarchy within the group, detracting from the supportive atmosphere.

Blame or Judgment: Refrain from blaming or judging others for their emotions, actions, or coping mechanisms. Accept each member's journey without assigning blame or criticism.

Why? It can be hurtful and invalidating to others' experiences. It may discourage members from sharing openly and honestly, leading to a breakdown in communication and support.

Inappropriate Language or Behavior: Avoid using language or engaging in behavior that is offensive, disrespectful, or harmful to others. Maintain a professional and respectful demeanor at all times.

Why? It may create a hostile or uncomfortable environment within the group. It can undermine trust and respect among members, hindering effective communication and support.

Please Avoid

Language:

- We avoid saying "committing suicide," due to the stigma associated with the word, often related to crime. Instead, we say "died of suicide."
- There is no "success" in suicide, so we also don't say: "He/She/They succeeded or failed." Instead, we say "attempted" or "died of suicide."

Last note:

We don't share the method

Sharing the method a person used in suicide can be highly distressing and potentially harmful to other group members for several reasons: it activates trauma, it perpetuates stigma and shame, it may provoke copycat behavior, and it infringes upon the privacy and dignity of the deceased individual and their loved ones.

Thank you for taking the time to go through these guidelines and I will see you in group! If you have any more questions, don't hesitate to email me at understandsuicide@gmail.com.

Paula Fontenelle