

## 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.