

# Help us create a safe, supportive space.

Bringing together helpful resources, heartfelt connections and hope.



## **Specifics:** We avoid **numbers** or specific details.

*Please do not mention weight, calories, size, time in treatment, numbers of days, specific behaviors, diet restrictions or meal plans, exercise time, ED symptoms, or specific foods*

## **Example statements:** “I engaged in behavior(s),” “I feel like I’m having more/less behaviors than usual,”

*It’s often simplest to avoid numbers of all kinds, even if they seem benign.*

## **Food:** We avoid eating during group.

*We encourage you to nourish before or after group, just not during as this group is not intended or designed for meal support*

## **Support:** Offer **support** before advice.

*Using “I” statements. Sometimes there’s more healing in relating to one another than jumping to solutions or advice.*

## **Safe Topics:** We avoid trauma, self-harm, suicide, or substance abuse talk.

*Any discussion of harming oneself or someone else will be taken seriously, as we need to keep you and others safe. If you need outpatient support, we’re here to help connect.*

## **Confidentiality:** What’s said in the group stays in the group, and please participate from a private, quiet location.

*Participants are prohibited from disclosing anything that is shared in the meetings, the identity of members who were present, or recording audio, video, or taking pictures or screenshots.*

## **Cameras-on:** If your camera can be on, please do so- it’s part of our community connection.

*Pro tip: you can select to hide your self-view by clicking the three dots on the top right of your video*