



ACT
Mental Health
Consumer Network

Discomfort Agreement

- Facilitators are peers, not therapists.
- It is possible you may be triggered by the material or by what others share.
- **If you feel uncomfortable for any reason you can:**
 - **Ask for a break for the group**
 - **If online, send a chat message to the technical support who can take you to a breakout room and support you**
 - **If face-to-face, raise your hand for the co-facilitator to take you to another room and support you**
 - **Leave the meeting, in which case one of the staff will call you to support you**
 - **If online, turn off either audio or video or both, in which case one of the staff will call you to support you**
 - **Don't forget you can always reach out to your allocated recovery worker**
- With this discomfort agreement you agree to look after yourself and to ask for help if you need it.



This Discomfort Agreement was written by the ACT Mental Health Consumer Network and inspired by the ACT Recovery College.