



ACT  
Mental Health  
Consumer Network

# Self-Care Agreement

With this agreement you agree to look after yourself and to ask for help if you need it.

- Facilitators are peers, not therapists.
- It is possible you may be affected by the material or by what others share.
- **If you feel uncomfortable for any reason you can:**
  - **Reach out to someone in your support network**
  - **Use your existing self-care strategies**



## **If face-to-face:**

- **Ask for a break for the group**
- **Leave the room for a break**
- **Raise your hand for the co-facilitator to take you to another room and support you**

## **If online:**

- **Turn off either audio or video or both, in which case one of the staff might contact you to support you**
- **Send a chat message to the technical support who can take you to a breakout room and support you**
- **Leave the meeting, in which case one of the staff will call you to support you**

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