

Group Participation Disclaimer

Kintsugi Hope Wellbeing Groups are safe and supportive spaces for people from any background to attend.

Group Leaders are trained to run a group to encourage, inform and inspire. Group Leaders are not trained therapists, nor experts in treating or diagnosing mental or emotional health illnesses. However, where necessary, they can signpost people to specialist help.

Kintsugi Hope Wellbeing Groups are not suitable for anyone who may be at risk of harm to themselves or others, or who are currently receiving treatment or therapy for a severe mental health issue.

Some of the material used within the Kintsugi Hope Wellbeing Groups may evoke an emotional response. If you find this applies to you, please take care of yourself and speak to the Group Leader or Assistant Group leader if you need any support or some quiet time out.

If you wish to opt out of any part of a session, we will fully respect this.

You have the right to choose what you want to disclose during any group work. Please do not feel pressured to share if you do not feel comfortable to do so.

Please respect confidentiality at all times. If something is shared during your group work, please respect the confidentiality of the group and do not repeat anything divulged outside of that group context.