

Support Circle Group Chat

A free, anonymous,
text-based Chat Service for
young people aged 13+ who
have experienced sexual
abuse

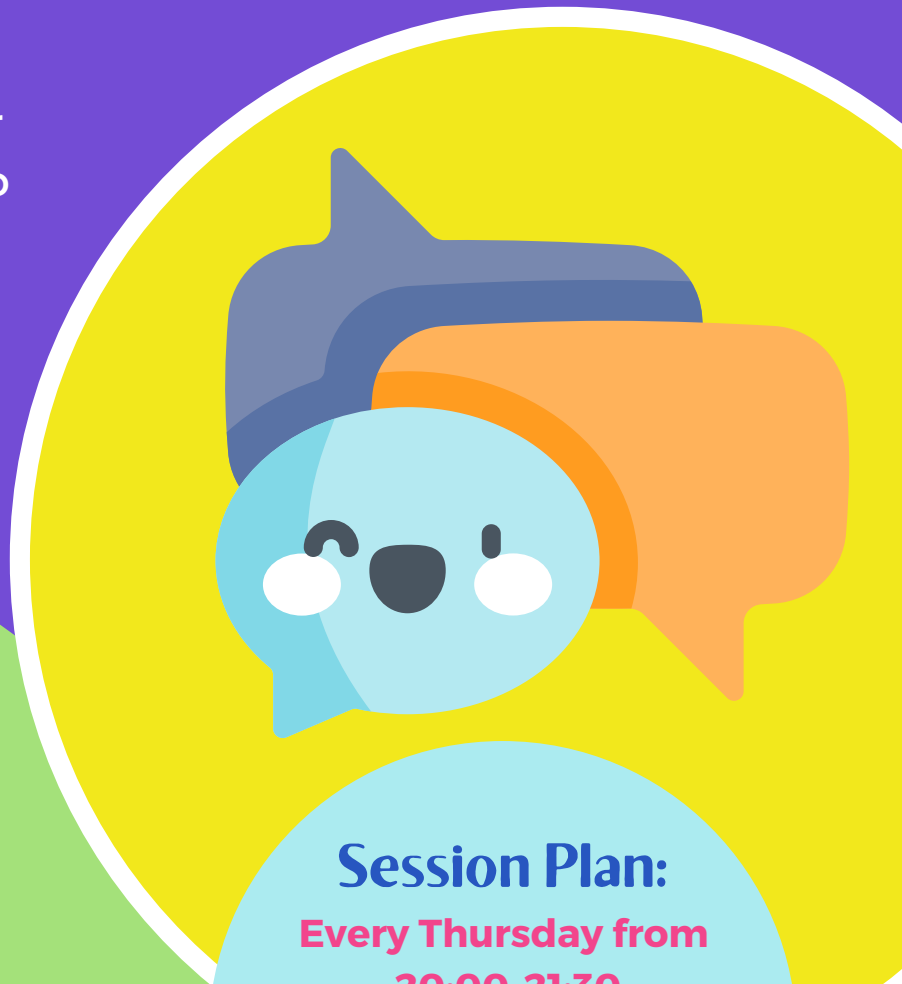
What you can expect:

- Whether you're looking for support or just somewhere to hang out and talk to others, group chat is a safe and welcoming place
- Meet other young people with shared experiences, gain online listening skills and be empowered to support others
- A chat-based service, book yourself into group
- Weekly sessions of 4-5 young people and 2 moderators

Supported by

THE MIX

The
**GREEN
HOUSE**



Session Plan:

**Every Thursday from
20:00-21:30**

Length: 1.5 Hours

Group size: 4 - 5

young people

+ peer supporters

CLICK HERE

or scan the
QR code to

SIGN UP!



About the Support Circle

What is the Support Circle?

The Mix are a specialist provider of online support services for young people. We know that some young people who have experienced sexual abuse find it hard to access face-to-face services and most have never met another person with the same experiences as them. Support Circle is an anonymous group chat of around five people, where everyone takes it in turns to get support while the rest of the group listens.

The room is password-protected and facilitated by a moderator. Everyone arrives at the start and stays for the whole session to make sure everyone in the group is supported equally. In Support Circle, you can sign up to get support or be a listener for others. If you're under 13 or older than 25, the moderator might suggest you use a more appropriate support service like Childline (for under 19's) or Side by Side (for adults).

When is it?

Support Circle is every Thursday from 8:00pm - 9:30pm, starting 30th March 2023.

What should I expect when I join?

Support Circle is broken up into four segments:

8:00 - 8:10	Arrivals and opening round question
8:10 - 8:15	Creating a group agreement
8:15 - 9:15	Support hour (split equally between everyone)
9:15 - 9:30	Closing round question

Are there any group guidelines?

There are four pillars of the group chat guidelines. These are the basic principles of our guidelines, written by our community:

- **Togetherness** – I know this is a group environment and I'll be kind and compassionate to other people.
- **Safety** – To keep other community members safe, I'll use crisis services if I'm in crisis. I'll be mindful not to use triggering language.
- **Confidentiality** – What's shared in chat stays in chat, and I won't repeat what I hear. I have read and understand The Mix's confidentiality policy.
- **Diversity** – I understand everyone has different views and experiences, and I'll be accepting of this.

Is the space confidential?

The general rule is 'what's said in group chat stays in group chat.' It's very important to respect the group's confidentiality and not take what other members share outside of the session. Make sure you don't share personal or contact details (e.g., your full name, address, or social media profiles).

We believe you have the right to use our services confidentially, which means keeping what you say between you and The Mix. We also believe that keeping you and other young people safe is very important. This means that we might contact the emergency services if we believe your life, or someone else's, is in danger.

You can read more on this over in The Mix's confidentiality policy.

What can I talk about?

You can talk about anything you like, it's okay to talk about the abuse or not, there's no pressure. If your case is under investigation currently by the police, we ask that you don't share details of the incident that's being investigated and in these circumstances anything that identifies you. Take a look at the Support Circle Guidelines on Safety and Confidentiality which can help you to understand how to share experiences in the group, like self-harm and suicidal thoughts.

What to do if I get triggered?

Where can I go for more help?

If you feel happy to stay connected to the group and share that you have been triggered, the group can support you with some activities that might help e.g., grounding, breathing. It's okay to leave the group at any time or take a break and come back. If you are over 16, there is a 24 hour Rape Crisis Helpline. You may also find ChildLine's helpline and Kooth's services helpful for mental health needs. If you need crisis support, the moderator will suggest that you use specialist crisis services such as our Crisis Messenger, Samaritans or Papyrus.

What do the moderators do?

All group chats are moderated by a mixture of paid staff and volunteers. Their role is to keep the chat safe and welcoming for everyone. Moderators aren't support experts and won't always be able to chat, especially if the room is busy. If someone is breaking the chat guidelines, it's important not to get involved. The moderators are there to take care of it and getting involved (even with good intentions) can make their job more difficult.

Do I have to support others?

We ask that everybody tries their best to contribute during everyone's time to share. Think of it a bit like a face-to-face support group - the idea is that everyone chips in to help each other. This also means the moderator can focus more on running the session and keeping time for everyone. If you're not sure what to say, just making it clear that you're listening can make a big difference.

What if I can't stay for the whole session?

Think of Support Circle a bit like a face-to-face support group - it can come across as disrespectful to others if you leave in the middle, so try your best to stay for the whole chat. If you don't feel well or you're finding something triggering, it's okay to leave, just let the group know if you're coming back. If you regularly leave Support Circle early, you may not be given a place in future sessions.

What order do people go in?

The order is randomised and communicated to you before the session begins.

How do I sign up?

You can sign up for the next session any time using the link below.

A few hours after you sign up, you'll be sent an email telling you how to confirm your space. If you don't confirm your space it will go to someone else, so make sure you do that ASAP.

Click to Sign Up!

