

Guidelines for Participating in a Virtual Support Group

1. Privacy and confidentiality

We cannot guarantee confidentiality, but we ask everyone to respect each other's privacy by agreeing not to disclose what other people shared in the meeting to anyone who did not attend the session.

We ask everyone to participate in this meeting from a quiet, private location where others do not overhear or interrupt the meeting.

This meeting uses a remote connection over the internet among participants, and in rare cases, security protocols could fail and the content of this meeting could be accessed by unauthorized persons.

Limits to confidentiality exist for the facilitators, and they are mandated to disclose information under the following circumstances; a) imminent risk of harm to self or others, b) reported or suspected abuse or neglect of a child, elderly or disabled individual, b) court order, and c) a communicative disease that constitutes a significant public health risk.

2. Culture of respect

We ask everyone to be respectful of each other by taking turns talking and being open to different opinions.

3. Nature of the meeting

This group is not a counseling or therapy group for treating mental illness. As a support group, it provides a space for participants to support each other as peers by sharing personal experiences and ideas. When clinical needs arise, participants might be referred to CAPS or other resources for further discussion. CAPS Support Groups are available to students enrolled at USU, but special permission to attend may be given to recently graduated students if it is determined to be of benefit to the group.

4. Resources for crisis services

[Safe UT Mobile App \(Links to an external site.\)](#)

The SafeUT Crisis Text and Tip Line app is free and provides 24/7 access to crisis counseling with trained therapists, as well as school tip reporting for students and their parents or guardians. Available on Apple and Android Devices. You may also call [801-587-0712](tel:801-587-0712).

[National Suicide Prevention Line \(Links to an external site.\)](#)

1-800-273-8255 | The National Suicide Prevention Line provides 24/7 free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.

[Counseling and Psychological Services \(CAPS\)](#)

CAPS provides crisis telehealth appointments during their regular business hours (Monday – Friday, 8am – 5pm). You may request this service by calling 435-797-1012. (Telehealth is a temporary option offered as part of Utah State University's response to COVID-19. This option will no longer be available and crisis appointment will shift to in-person sessions when Utah State University resumes regular campus operations.)

Participant Name:

Participant Date of Birth:

Participant Signature:

Date: