

COMMUNITY GUIDELINES

(1) RESPECT - No bullying. No harassment. There is no tolerance towards physical, sexual, or psychological harassment. Racism, sexism, ableism, ageism, homophobia, transphobia, xenophobia, and religious intolerance is prohibited. We are a community that prioritizes inclusion and the safety of our community members.

(2) PEER SUPPORT - SWP does not take the place of medical, legal, or financial professionals. We as a community do not pill shame. We do not symptom shame. We do not diagnose other community members or impose labels. We do not promote particular medications. We do not mention medicines by name in SWP led programs and events. SWP is not a crisis resource. If an SWP member is in crisis, SWP will resource direct the individual to the appropriate crisis support.

(3) PRIVACY - Do not share content from within SWP virtual meetings and discord; not everyone is open about their diagnosis or other information they may share, such as sexuality or gender identity. What is shared in SWP stays in SWP. Also, not everyone is comfortable engaging outside of SWP's platform. SWP does not promote and is not responsible for communication between members outside of the SWP platform, including direct messaging or following private accounts on social media. Keep in mind that social media can be a trigger for some of our community members.

(4) TRIGGER WARNINGS - SWP makes it a priority to create a space where members have a place where they can be open and uncensored; however, it is essential to do so while being respectful and mindful of others. It is also necessary to stay aware of triggers when using a profile picture or username. Provide trigger or content warnings when sharing. Stay sensitive and use your best judgment with providing trigger warnings. Please stay mindful and receptive to feedback that not everyone's triggers are the same. If sharing via virtual meeting/audio hangout, we ask you to please use the hand-raising feature found on Google Meets when speaking so that members who wish to mute their volume discretely can. Please also stay mindful of your background in video calls and blur the background when possible.

(5) POLITICAL DIFFERENCES - SWP does not endorse any political candidate or party and serves as a resource for all community members regardless of political stance. SWP does not feature pictures of members with political figures or campaign merchandise. As an activist community, discussion of specific mental health, disability, and healthcare-related issues in an educational lens is encouraged.

(6) RELIGIOUS/SPIRITUAL DIFFERENCES - Please be respectful of religious/spiritual differences and remember that religion/spirituality can trigger some community members. Even though religious/spiritual discussion groups can be a source of support or part of cultural beliefs, SWP does not facilitate or promote religious/spirituality groups within the SWP platform. We ask members not to interpret or impose spiritual beliefs on other community members' experiences. Stay mindful of religious/spiritual triggers when sharing creative works.

(7) SUBSTANCE USE - Discussions related to substance use are to keep recovery-focused. Since there is often an overlap with substance use and mental illness, please stay mindful of triggers. Substance use includes alcohol consumption. As a peer support group, we are here to support community members and respect triggers.