

MS Auckland support groups

Guidelines for engagement

The benefits of participating in support groups are many and varied. People participate in our in-person and online support groups to connect with others 'in the same boat'; share tips and experiences; support others through a full appreciation of their challenges; gain support and validation of experience; and enjoy friendship and laughter.

MS Auckland support groups can be general in nature, or represent a geographical region, or a particular experience. They warmly welcome new people. Please ask your Community Advisor which group(s) might be most suitable for you.

In order for each group to be as beneficial as possible for everyone, they operate under the following guidelines

- What is said in the group, stays in the group*. Groups are a safe space for sharing experiences with MS. Please do not repeat anything that is shared within the group, with others
- Remember that Multiple Sclerosis is a very individual condition and experiences/progression varies greatly from person to person
- Maintain a culture of respect for one another including respect for diversity of opinion and experience
- Help keep the group a positive and enjoyable time for everyone. Try to avoid too much negativity, or reframe challenges you are facing. Avoid offensive language
- Follow health and safety requirements, including COVID related, as advised by the group facilitator

*if someone's life is in danger, we may share this information. In this instance, disclosure is necessary to avoid endangering someone's health or safety

If you are unhappy or troubled about something that happened in a group, please do not hesitate to contact your Community Advisor, group facilitator or our General Manager. 09 8455921, info@msakl.org.nz Alternatively, reach out to your GP, police or 1737 (Mental Health Helpline).

He waka eke noa (we are all in this together).