**Ways in which a men's group can benefit members**

Talking to people who have been through similar challenges may:

* help you to talk about what you are feeling and experiencing
* help you share suggestions for coping techniques and support options
* introduce you to ideas and approaches that have been helpful to others
* reassure you that you're not the only person who has felt like this
* increase your self esteem and confidence over time help you see how common mental health problems are, and that everyone experiencing them deserves support
* provide a sense of belonging to a community of people with similar experiences
* give you a safety net to turn to at difficult times or if you’re at risk of crisis
* help you to find support that's right for you
* help you feel more empowered about your own wellbeing, if you feel disillusioned with the support you've received so far

**Suggested Group Ground Rules**

**Confidentiality** - What I say here is confidential. Outside this group, I will not share another man’s words, actions, or identity. I will only speak of my own experience and personal insights. *This Confidentiality is intended to create a sense of safety for each man.*

**Punctuality** - The group will begin on time and end on time. If I arrive late, I will not interrupt the flow of the group.

**Ethical Relationship**s - This is not a business group. No solicitations. If I need something, I can ask for it before or after the meeting.

**Non-Violence** - Violence can be physical, verbal, emotional or spiritual ... I acknowledge that my words and actions have an impact on those around me. I will take responsibility for my words and actions.

**No Drugs or Alcohol** - I will not attend the group while under the influence of alcohol or recreational drugs. If I break this agreement I will tell the group and accept the choice of the group in handling this to create a safe space for the men present.

**Participation** - I will speak openly and truthfully in “I” statements (not “we” or “you” statements).

o   I think this ….

o   I believe this ….

o   When I behave or do this ….

Any man may pass his involvement in part of the evening at any time. Any man may STOP a process (especially in the service of maintaining his physical, mental or emotional safety).

I am not here to give advice. If I want advice, I will ask for it specifically. I will ask permission before offering feedback. I will not interrupt another man with my opinion or advice. But I do not need to ask permission to speak my truth.

I am responsible for taking care of myself. If I need something, I will ask for it. If I have questions, I will ask them.