



RECOVERY SUPPORT SERVICES

Support Groups

VISION FOR RECOVERY • BUTTERFLY FOUNDATION

ACKNOWLEDGEMENT of country

We acknowledge the Traditional Owners of the Country from which we connect today, the Muwinina people of the nipaluna nation here in Tasmania and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



Support Group Guidelines



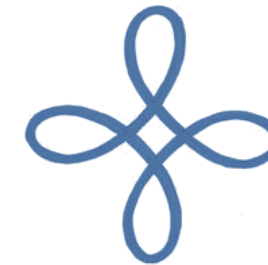
Be on time.

Our groups start strictly to time.



Respect differences.

Try to focus on similarities



Recovery focused.

Encourage one another toward hope



What we say here, stays here.

Maintain confidentiality



Avoid advice giving.

Try to just listen



Avoid triggering.

Do not refer detailed ED behaviours



Taking turns.

Be mindful of the length of time you speak



Keep camera on.

Respect the comfortability of everyone



Stay present.

Try not to multitask. Stay engaged

One word Check-in





CONNECT WITH yourself

Feeling overwhelmed? Flat? Preoccupied? Or just plain over it..?

Stop here. Ground. Check in with you.

Let's use your senses to remind yourself that you will get through this, you are worthy and you too are deserving of care and kindness.

WE REALLY NEED You!

We don't know what we don't know. So please let us know what you think! Answer these few questions to make this service as helpful as possible

<https://www.menti.com/alwmq5ve1g8g>

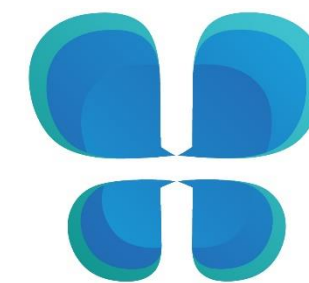


WOULD YOU LIKE INFORMATION
ABOUT OTHER

support services...?

Butterfly National Helpline

1800 ED HOPE



Butterfly
LET'S TALK eating disorders