

Community Guidelines

These guidelines help keep every shared area of the Support Hub welcoming and respectful.



Be Kind and Respectful

Different people have different experiences, identities, communication styles and support needs. Disagreement is allowed; personal attacks, bullying, humiliation, hate speech, discrimination and harassment are not.

Protect Privacy

Share only what you are comfortable sharing and avoid identifiable details about clients, family members or other people. Do not screenshot, copy or redistribute another member's contribution without clear permission.

Speak From Your Experience

You may describe what has helped you, but do not present personal experience as a guaranteed treatment or tell somebody to stop medication or professional care. Avoid diagnosing other members.

Keep Content Safe

Do not post graphic, sexually explicit, exploitative, illegal or deliberately misleading material. Use care around potentially distressing subjects and include a simple content note where appropriate.

No Promotion Without Permission

Do not use member spaces for spam, repeated advertising, recruitment, fundraising or unsolicited private messages. Contributors and practitioners must follow any separate promotional or listing arrangements.

Moderation

Content may be edited, hidden or removed and accounts may be restricted where needed to protect the community. Serious or repeated breaches may lead to access ending. Concerns can be raised through the Hub's contact or complaints route.