



Group Chat Principles

Translated from the SYLI-Chatin huoneentaulu -document.

The chat is aimed to support eating disorder recovery, so please remember positive attitude towards recovery in the conversation.

- You may talk about how you are doing and share all kinds of feelings. However, please do not discuss dieting or any symptoms of your eating disorder in detail.
- Please do not criticise other participants' situations, feelings or emotions.
- Numbers related to food, weight, or amount of exercise are not discussed. Also please do not criticise or appraise any food or diet.
- Do not discuss the names of medicines. Do not mention nursing staff by their name.
- The group is an alcohol and drug free environment.
The group operates confidentially:
- You may talk about your own situation to others, however please do not share group discussions or other peoples situations outside the chat.
- This chat is anonymous so please do not share or ask any personal contact information. You may disagree with the other group members, however it is important to respect others' opinions and experiences.
- Everyone's opinions and thoughts are equally valid.
- It is unnecessary to criticise or analyse other participants' personal situations or tell them what to do.
- Feel free to always ask for clarification or help, if something is unclear to you.

These principles are designed to ensure a safe chat environment for all participants. Each participant and ultimately the group chat leaders are responsible for following these guidelines. If at any point the chat environment or a certain topic of discussion feels uncomfortable, please feel free to say it.