

Dopamine Dolls

SERVICE USER GROUND RULES

Participants must be 18 years or older - This is an adult-only space to ensure comfort and shared experience.

You are encouraged to share your stories, strategies and experiences - we grow by learning from each other. The more you put into the group, the more you're likely to get out of it. Showing up, listening and contributing when you can help build a stronger, more supportive space for everyone.

Honesty, trust and a willingness to share are key to our group - Everything shared here is confidential. Please do not repeat anything said in the group outside of this space - this includes not sharing others' identities.

Be mindful of how much space you're taking - We want to make sure everyone has the opportunity to speak. Be mindful of how much time you're talking. Shorter, thoughtful shares help create space for others to be heard too.

Be considerate with the content you share - This is a peer support group, not a therapy space. We ask everyone to be aware of how what they're sharing might impact others, especially around sensitive or intense topics. If you're going through something tough that might be better supported elsewhere, we're happy to help signpost you to appropriate services. Your wellbeing matters and you don't have to carry things alone.

Be kind to each other - No judgments, criticism, or disapproving comments are allowed. We have a zero-tolerance policy for discrimination of any kind.

Stimming and fidgets are welcome - Please feel free to use whatever helps you stay present and comfortable in the group. At the same time, be mindful of the level of noise, as it can sometimes be distracting or overwhelming for others.

Stay on topic when possible - While conversations may naturally wander, please help keep discussions centered on ADHD and peer support so that everyone benefits from our limited time together.

Take what's helpful, leave what's not - You're welcome to take away what resonates and gently let go of the rest.

Be kind to yourself - If you're feeling overwhelmed, it's okay to step away, take a break, or do what you need to care for yourself.

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Do not share medications - You are welcome to discuss your experience of medication but physically sharing medication is prohibited. or safety and legal reasons.

Friendships are great, with boundaries! - We love that connections can form here. Just be mindful of what you bring into the space. Dopamine Dolls cannot take responsibility for anything that happens outside of official group meetings.