**CONFIDENTIALITY AGREEMENT**

|  |  |  |
| --- | --- | --- |
| NAME |  | D.O.B. |
| PHONE NUMBER |  | |
| ADDRESS |  | |
| EMERGENCY CONTACT NAME |  | |
| EMERGENCY CONTACT PHONE |  | |

**HOPE IN DEPRESSION COURSE TERMS**

The Hope in Depression course is offered over 6 sessions for people experiencing mild to moderate depression and or anxiety and those supporting them. During the course attendees will hear personal stories and receive practical information and skills that have been clinically shown to help alleviate depression and anxiety. A range of mental health professionals will share information that people can utilise for their own recovery and self-care. The information in the course may not be applicable to those suffering more complex mental health issues, or who are suffering severely, therefore we regret, to comply with ethical guidelines, and we may not be able to admit those guests. The course is run in a warm, caring, confidential, Christian and encouraging environment.

**Terms of agreement:**

**I am over 18 years of age.**

I understand that this is a confidential environment and I will not share people’s personal stories outside the course group.

I understand that I cannot attend the sessions under the influence of drugs or alcohol (and will be asked to leave the session if I do)

I understand that this is not counselling or group therapy

I understand the facilitators of the sessions are volunteers not healthcare professionals but may assist me with information on additional resources that I need which are beyond the scope of this course.

|  |  |
| --- | --- |
| SIGNED | DATE |

**Please scan/photo and return this signed agreement to Barry on email to : hidc.gu@gmail.com**

**GDPR (general data protection regulation) and privacy policy.** We have a legitimate interest in recording your personal details so that we can exercise our duty of care towards you during your time on this course. If you would like us to contact you in the future about any other courses or to receive our newsletter please tick the box below. If the box is not ticked we will delete your details at the end of this course.