

# UNDERSTANDING RISK FORM



It's crucial to understand the potential risks associated with participating in our mental health workshops. Please take a moment to review the following information. Your initials are required at the end of each section to confirm that you have reviewed and understood the content.

When conducting workshops on mental health, it's crucial to be mindful of and address potential issues that may arise during discussions. This is essential for fostering a safe and supportive environment for all participants. Below are some important considerations:

## 1. Emotional Triggers:

Discussing sensitive topics such as trauma, depression, or anxiety might evoke strong emotional responses in some participants. \_\_\_\_\_Initial

## 2. Sharing Personal Trauma:

Some individuals may feel compelled to share their own experiences with trauma. While this can be beneficial, it has the potential to make both the sharer and others uncomfortable. \_\_\_\_\_Initial

## 3. Lack of Support for Participants in Crisis:

Someone might reveal that they are currently in crisis, such as experiencing severe depression or contemplating suicide. The workshop may not have the resources or capability to assist them immediately. \_\_\_\_\_Initial

## 4. Stigma or Judgment:

Participants might feel stigmatized or judged by others, mainly if there is a lack of understanding or awareness regarding mental health. \_\_\_\_\_Initial

## 5. Overwhelming Content:

Certain participants might find the material or conversations overwhelming, mainly if they have limited exposure to mental health topics. This could make them uncomfortable and want to disengage from the conversation. \_\_\_\_\_Initial

## 6. Privacy and Confidentiality Concerns:

Participants might be concerned about the privacy of the information they share during the workshop. They may be less inclined to participate fully if they feel their privacy is not respected. \_\_\_\_\_Initial

## 7. Power Imbalances:

Power dynamics, such as those between managers and employees or teachers and students in workplaces or educational settings, influence how openly people participate. \_\_\_\_\_Initial

## 8. Misinterpreting Advice:

Participants might misinterpret general mental health advice as specific therapy, potentially leading to misunderstandings or harmful self-treatment. \_\_\_\_\_Initial

### Promote Self-Regulation and Breaks:

If you feel overwhelmed, participants can step outside, take a break, or engage in grounding activities.

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### Non-Participation in Sensitive Discussions:

Participants are not obligated to share personal experiences or participate in discussions that make them uncomfortable. They may choose to listen and reflect quietly if they prefer. \_\_\_\_\_Initial

### Alternative Participation:

We offer alternative engagement methods, such as individual activities like journaling or mindfulness exercises, for participants who find group discussions overwhelming. \_\_\_\_\_Initial

### Confidentiality:

We require all participants to sign a confidentiality waiver. While 100% confidentiality cannot be guaranteed, we will emphasize this throughout the workshop to ensure a safe and effective environment. \_\_\_\_\_Initial

Although we aim for confidentiality, we are licensed behavioral health professionals and must follow a code of ethics. These ethics mandate that we are mandated reporters. The confidentiality agreement waiver outlines this in more detail. \_\_\_\_\_Initial

### Post-Workshop Support:

After the workshop, participants will be provided information on contacting the organizers or a mental health professional if they feel uncomfortable or require additional support. This post-workshop support is designed to ensure that participants feel cared for and secure even after the workshop ends. \_\_\_\_\_Initial

### Voluntary Participation:

Participants are not obligated to participate and can withdraw anytime during the workshop without facing any negative consequences. The workshop's primary goal is to promote mental well-being, prioritize participants' needs, and respect their right to choose their level of involvement. \_\_\_\_\_Initial

Please sign below to confirm that you have read and understood the potential risks of attending a mental health workshop.

Name: \_\_\_\_\_

Date: \_\_\_\_\_