# Terms and Conditions

By registering for the Peace of Mind Foundation's GOAL group, you agree to the following guidelines:

1. The group is for those who suffer from OCD, not family members or caregivers. This group is not intended for sufferers of related disorders such as Hoarding Disorder and Trichotillomania (Hair-Pulling Disorder) unless the individual has concurrent symptoms of OCD

2. GOALS group is designed to be a support group not a substitute for appropriate psychotherapeutic services.

3. Please consider other participants and limit your answer to our group topic to 3-4 minutes.

4. Please do not interrupt others while they are speaking.

5. Please remember this is a supportive group. Everyone's OCD is different, and we are here to support each other.

6. We ask all participants to arrive on time and be present for the group. Please try to limit distractions in your environment while participating in the online GOALs group. The group begins at 7:00 PM (CST) and ends at 8:30 PM (CST).

7. Medication will not be discussed in this group.

8. While this is a closed group, we cannot guarantee confidentiality. We ask all participants to respect others and maintain a safe place to discuss OCD.

9. The Peace of Mind Foundation has the right to let you know if we do not think you would be a good fit for this group. If you are actively abusing substances, in active psychosis, engaging in disruptive behavior or causing disturbances within the group, we may ask you to pause or rejoin the group at a later time.

10. If you are feeling unsafe, please visit your local emergency room, call 911 (or your local emergency response number) or the suicide prevention line at 1-800-273-8255 (within the United States)

11. We ask that you refrain from doing the following:
    - Selling or promoting merchandise or businesses
    - Making political slurs
    - Promote or push your religious beliefs
    - Disrespecting other members
    - Use profanity
    - Make verbal sexual advances
    - Break confidentiality by sharing outside the group.