

Do's & Don'ts for the Cape Town Bipolar Support Group Telegram Group

- Do introduce yourself (you can remain anonymous)
 - Do discuss whatever is on your mind (keep it relevant)
 - Do ask about treatments, medication and alternative therapies
 - Do ask for help if you are in need (we can provide referrals if necessary)
 - Do be supportive of other members
 - Do conduct yourself as you would in good company
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- Don't discuss divisive topics like sports, religion or politics
 - Don't diagnose, medicate or prescribe treatments for one another
 - Don't discontinue or change your medication based on a discussion within the group (rather discuss this with your doctor)
 - Don't discuss suicidal plans or intentions; rather ask for help
 - Don't be evil