**Patient agreement**

Connect are currently offering the following on line services. ‘Lives’ via instagram and Hubs via Zoom. These services are open access – i.e anyone is free to join. If you intend to use these services please read the following statements and ensure you agree to each before engaging in the interventions. This acts as a contract between us as a service and you as the service user.

By joining Instagram or Zoom I am showing I understand and agree to the following:

* I understand that it is my choice to engage /join these services and I am making that choice from my own free will
* I understand that when I attend, I attend alone and not with others sharing my screen or link in to the group
* I understand that my username will appear on the screen when I log in and that other participants will be able to see my username
* I understand that I can make use of the ‘audio’ only function on Zoom, which prevents others seeing my face initially but that there is an expectation after settling into the group after 3-4 weeks that I will use the camera so that I am visible
* I understand that Connect will save the instagram lives to the story function and that anyone on line could potentially view this
* I understand that no on can see my face via instagram
* I understand that these services are offered with the intention of: motivation, connection and inspiration and are not a formal treatment
* I understand that these services do not offer diagnosis, medical or legal advise
* I understand that I am requested to not film or photo graph /screen shot these interventions – I also understand that Connect can not monitor people who choose to ignore this request
* I understand that these services are not a mental health crisis line
* I understand that these services are monitored within working hours (9-5) Monday to Friday.
* I understand that engagement in these services does not mean I am being referred to Connect or being offered an formal assessment with a mental health professional
* I understand that It is advised I find a private space within my home within which to engage and that use of headphones/headset will provide me with more privacy
* I understand that if I am not finding the interventions helpful I can decide to stop engaging
* I understand that if I feel I can not keep myself safe following or during the intervention it is advised that I contact emergency/crisis services
* I understand that these services are being offered in Connect attempt to be proactive in their work and is offered with the hope that patients will find the discussions thought provoking and helpful
* I understand that where possible notification of future lives and zoom will be communicated via Zoom and Instagram.
* I understand that the ‘dm/Private message’ function on social media is not to be used to report emergencies.