

Perspectives on Religion and Spirituality in coping with Mental health (PRiSM)

Ethos

Our ethos focuses on mutual respect, valuing individual perspectives and moving forward in a collaborative way. Our group will operate in a supportive and respectful environment, where:

- All discussions and personal information shared in the group is kept confidential.
- Each person can express herself or himself openly and honestly.
- Everyone is given an opportunity to speak and listen to others' views.
- We have an inclusive way of working.
- We respect the views of others that we may not agree with or even feel strongly against, and accept our differences.
- All views are of equal importance.
- Any disagreements that come up will be collaboratively resolved through discussions.
- We reflect on findings from the project with an open mind, recognising findings may be positive and/or critical of faith and mental health.
- Our research and work together will not be a space for evangelisation.
- We speak clearly, avoiding technical language.
- We greatly value all experiences and perspectives. The group's remit is to use this information to guide the project. We do not have the remit to address complaints.
- Our group is not a counselling space. A list of support services is available to access for support.
- You can be put in touch with a Clinician within our team if you wish to speak to someone about your mental health.