

Mamas Matter CIC Confidentiality Policy

We believe that confidentiality is fundamental to our work.

Group sessions strive to always offer a safe place this is at the core of our ethos as an organisation. MMCIC employees, volunteers, contractors, service users & directors respect the information that they are told within the group session and will not pass this information on to individuals outside of their peer support network.

How can you support our confidentiality policy?

We ask all individuals at group sessions to respect other people's right to speak in the knowledge that their words will not leave the session.

Our MMCIC employees, volunteers, contractors, service users & directors are supported within our confidentiality policy.

MMCIC employees, volunteers, contractors, service users & directors have a support network within the Mamas Matter CIC team. They are encouraged to use this network to discuss issues that arise in our work. This enables them to be supported through their role, this support is also subject to our confidentiality policy.

Are there situations when confidentiality will be broken?

There are a few circumstances under which Mamas Matter CIC will be unable to maintain confidentiality.

1. In an immediate emergency, such as an individual being taken seriously ill during a group session, emergency services may be contacted.
2. If Mamas Matter CIC employees, volunteers, contractors, service users, directors are concerned that a service user is in a situation where their own life may be at risk or is at risk of harming another person, they may break confidentiality. Wherever possible this will be done in consultation with the individual of concern. MMCIC employees, volunteers, contractors or, directors will initially discuss concerns with the individuals privately and inform the person that they intend to break confidentiality.
3. If Group Facilitators are made aware that a child is in immediate danger or harm, they will have to break confidentiality in accordance with the Children Act 1989.

Limits to the support Mamas Matter CIC can provide

Please note that MMCIC employees, volunteers, contractors & directors can only offer support within sessions. Our Group Facilitators are trained to facilitate a supportive, peer-led community space. They are not trained to identify acute mental health risk or respond in crisis situations.

Alternative and additional support options

Please note, you should always reach out to a health care professional (eg your midwife, GP, Health Visitor etc) if you think you may be suffering from mental ill-health.

MIND also have some great information on maternal mental health here:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems/>

As do the Hearts and Minds Partnership here:

<https://heartsandmindspartnership.org/parents/help-and-advice>

This is a link to the Hey Mama Chat group a local maternal mental health peer support organisation <https://www.facebook.com/groups/251692806000878/?ref=share>

You can also:

- Call the Samaritans are available 24hours a day to call on 116 123.

- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line if talking is tricky.

- And if you are unsafe, in crisis, suicidal or at immediate risk of hurting yourself, it is always ok to call 999 or go A&E for emergency mental health treatment.