# 🛡️ Writing Well – Confidentiality & Support Statement



Writing Well is a compassionate and creative space where your words and experiences are treated with care and respect. To help everyone feel safe and supported, we kindly ask all participants to honour the following:

Confidentiality Agreement

What is shared in the group (whether in person or via WhatsApp) stays within the group.

Please do not share or repeat another participant’s words or stories outside of the group, unless you have their clear permission.

If you’re sharing someone’s work publicly (even as praise), always ask first.

We respect one another’s boundaries. No one is ever expected to share more than they feel comfortable.

This is a non-judgemental, inclusive, and supportive space. Kindness is at the heart of Writing Well.

Please Note:

Writing Well is not a therapy group, although writing can feel deeply cathartic (emotionally stiring). If you are feeling overwhelmed or in need of additional support, we gently encourage you to reach out to a professional.

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📞 UK Self-Help & Support Contacts

🟣 Samaritans – For emotional support, 24/7

📞 116 123 | www.samaritans.org

🟢 Mind – Mental health information and support

📞 0300 123 3393 | www.mind.org.uk

🟠 Shout – Free, confidential mental health text support (24/7)

📲 Text SHOUT to 85258 | www.giveusashout.org

🔵 The Mix – Support for young people under 25

📞 0808 808 4994 | www.themix.org.uk

🟤 CALM (Campaign Against Living Miserably) – For anyone feeling down or in crisis

📞 0800 58 58 58 | www.thecalmzone.net

⚪ Cruse Bereavement Support – For anyone grieving

📞 0808 808 1677 | www.cruse.org.uk

🟡 Togetherall – Safe online community for mental health (free with NHS referral or some universities)

🌐 www.togetherall.com

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✨ You are not alone.

Writing Well is here to walk with you in creative community.

And when you need extra support, there are hands ready to help.

With hope,

Paula Thwaite (07969 849294)

Founder, Writing Well

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