Mental Health Symposium Community Agreement*

By participating in the Symposium, you will be part of a community consisting of many individuals who are passionate about mental health. Participants attending will be very diverse in their knowledge and experience with regard to mental health. To ensure productive, inclusive, supportive and respectful dialogues, the Mental Health Symposium Community agrees to:

- Communicate thoughtfully, using inclusive & respectful language
- Respond to each other with the goal of understanding the perspective of others
- Respect diversity and be non-judgemental of the ideas and experiences of others
- Create a welcoming atmosphere for collaboration and sharing to the degree that is most comfortable to individuals
- Consider taking time for yourself to debrief, respond to emotions, or practice self care as needed

*Language adapted from the EdX Massive Open Online Course Reconciliation through Indigenous Education