

VOX Social Media Policy



This is what we feel at vox is important when accessing social networks such as our own facebook page and groups

Who are VOX?

VOX-Voices Of eXperience is a national organisation made up of, and for, people with mental health problems of any kind, past or present.

VOX is dedicated to ensuring people's views and experiences in relation to mental health issues are supported and encouraged.

VOX are committed to equality and diversity and that peoples, Age, Gender, Religion, Sexual orientation and ethnicity are not discriminated against.

Why did we create this policy?

VOX values social media such as Facebook as a good avenue and resource for people to have their voice and opinion heard and to learn from each other by sharing information and raising awareness of issues and events etc...

It is therefore important that people feel safe when communicating their views without fear of prejudice or discrimination. To make this happen it is also important that views, experiences and comments are made in a respectful and inoffensive way, making sure that any criticism of services, organisations etc...are made in a constructive and appropriate way.

You may be aware that bullying can also take place online (known as cyber bullying), It is important that we all keep each other safe and VOX reserve the right to remove what we consider to be inappropriate and or damaging comments to protect us from cyber bullies.

What will this mean for me?

The content or opinions presented on our social network page and discussion boards are solely those of the individuals who left the comment/post and do not represent those of Voices Of eXperience, unless otherwise stated.

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While VOX provides a space for people to post their views, we will not tolerate abusive or inflammatory language and we reserve the right to remove any such comments and block the user if they persist in doing so.

It is natural that people have strong opinions based on lived experience however, it is important to remember that although everyone is entitled to their views, they need to be respectful and mindful that these views may not be shared by everyone based on their own lived experience.

What happens if I am not well?

VOX don't provide a service however, we work to insure people with lived experiences are involved at a national and local level in the development of mental health policies and services throughout Scotland.

If you feel that you need help please contact your **doctor** or **NHS 24 on: 08454 242424**

You can also get confidential support from **Breathing space or the Samaritans**, see contact information below;

Samaritans offer emotional support 24 hours a day on **08457 90 90 90**. More information about Samaritans is available at: <http://www.samaritans.org/>

Breathing Space 0800 83 85 87 is a free and confidential phone line service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. For operating times and more information please visit; <http://www.breathingspacescotland.co.uk>

What happens if I see that someone is in need of help?

If you feel that someone is not well and in need of help on one of the social networking web pages you should where possible try to direct them to some of the support services that are mentioned in the previous section.

How do VOX staff and volunteers access/use social media?

Staff can use social media and the internet for work purposes to update, manage and maintain where appropriate. Staff are also permitted to access the internet and social media for personal use within reason during breaks and lunch.

VOX staff and volunteers are not expected to accept social media befriending approaches to their own personal social media page from VOX members, board members, or any other work related contacts unless they chose to do so.