



VeDA SUPPORT GROUP STATEMENT OF INTENTION

VSGN Support Group Leaders: Please read this statement at the beginning of each meeting for the benefit of new members.

The role of this support group is to provide a safe place where vestibular patients can share while receiving support and validation. This forum allows individuals to ask questions and to learn in a non-judgmental environment.

What is shared in this group stays in this group. Confidentiality is important to promote open and honest sharing.

We are all welcome to share our knowledge and experience, while recognizing that nothing said should be taken by anyone as medical advice. Always check with your healthcare provider before changing any therapies that could impact your physical or mental health.

We are part of the Vestibular Support Network, sponsored by VeDA, but the views expressed here don't necessarily represent the views of VeDA's board of directors or medical advisors.

VeDA is a useful resource. VeDA's articles are patient-friendly and scientifically validated. You can access VeDA's free resources – including articles and a vestibular healthcare provider directory - on their website at vestibular.org, where you can sign up for a free monthly e-newsletter. VeDA also has a quarterly magazine, *On the Level*, which you can access with a subscription.

VESTIBULAR DISORDERS ASSOCIATION