Consent Form for: **Psychoeducational group on coping strategies and triggers for mental health**

**Invitation to be Part of a Psychoeducational Support Group**

You are invited to participate in a psychoeducational support group. This form has information to help you decide whether you wish to participate. Psychoeducational support groups include only people who choose to take part—your participation is completely voluntary, and you can stop at any time.

Please ask the project staff any questions you have about the study or about this form before deciding to participate.

**Who is conducting this study?**

This study is being conducted by Bridge to Africa Connection Organization and Longwood Student Interns

This study is funded by the Bridge to Africa Connection Organization

**Why am I invited to participate in this study?**

You are eligible to participate in this study if you identify as a female and are between the ages of 15 and 25 years old.

You should not participate if you are a male or are out of the age range.

**What is the purpose of this study?**

The purpose of this study is to teach participants about possible triggers and how to better handle their struggles through coping strategies. Participants will also learn about depression and anxiety, as well as gratitude, stress management, and other strategies.

**What will I be asked to do?**

If you agree to participate, you will be asked to participate when you are comfortable, maintain confidentiality, attend each session on time, and participate in group discussions and activities.

Your participation will last for 2 days, including one full day of session and one-half day discussing what was learned and your takeaways.

**What are the possible risks or discomforts I may experience during the study?**

While participating in this study you may experience the following risks or discomforts:

* Being uncomfortable by the topics and/or activities discussed.
* Emotional discomfort from answering sensitive questions

There may be risks or discomforts that are currently unforeseeable at this time. We will tell you about any significant new information we learn that may relate to your willingness to continue participating in this study.

**What are the benefits of participation in the study?**

It is hoped that the information gained in this study will benefit the participant by teaching about potential triggers and healthy coping strategies with hopes that what is taught will be used following the sessions.

Additionally, with these sessions, it will expand the knowledge on mental health and how to better handle it.

**What measures will be taken to ensure the confidentiality of the data or to protect my privacy?**

Records identifying participants will be kept confidential to the extent permitted by applicable laws and regulations and will not be made publicly available without your permission.

To protect confidentiality of the study records and data, each participant will be required to complete and sign this form. If confidentiality is breached, the participant will be removed from the group.

However, the facilitators may share information if necessary to prevent serious harm to you or someone else; for example, if the facilitators learn of an imminent threat of harm to you or others, they may share this information with the appropriate authorities.

# Will I incur any costs from participating or will I be compensated?

You will not have any costs from participating in this study. Everything is funded by the Bridge to Africa Connection Organization.

entities, including companies, may potentially profit from the use of the data, biospecimens or discoveries from this psychoeducational support group. You will not have rights to these discoveries or benefit financially from them.

**What are my rights as a participant?**

Participating in this study is completely voluntary. You may choose not to take part in the study or to stop participating at any time, for any reason, without penalty or negative consequences. You can skip any discussions or activities that you do not wish to participate in.

* If you withdraw from the sessions early, you will not be allowed back in due to confidentiality reasons.
* We may end your participation in the study if any rules or norms are violated, including disrespecting others, continuous interruption, or breaking confidentiality.

**Whom can I call if I have questions about the study?**

You are encouraged to ask questions at any time during this study. For further information ***about the study,*** contact the Bridge to Africa Connection Organization.

**Your Consent**

By signing this document, you are agreeing to participate in this study. Make sure you understand what the study involves before you sign. If you have any questions about the study after you agree to participate, you can contact the agency by using the information provided above.

For those who are 18 years or older:

*I agree to take part in this study. I agree to maintain confidentiality.*

Participant’s Name (printed)

Participant’s Signature Date

For those under 18 years of age:

*I agree to take part in this study. I agree to maintain confidentiality.*

Participant’s Name (printed) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Participant’s Signature Date

Legal Parent/Guardian’s Name (printed) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent/Guardian’s Signature Date