



## British Doctors & Dentists Group - London

Dear all!

The purpose of this Group is to act as an extension of the BDDG meetings as a place to seek and/or provide non-judgmental peer support for doctors and dentists in recovery from addiction.

A number of members of this Group have commented that the messages being posted here have strayed far from the intended purpose, and are being perceived as a nuisance.

I have no doubt that everyone's intentions are good, but this is a very large group with over 150 participants!

If you are in a bad place, or need practical advice or support, please do use this Group as a place to reach out.

If you are responding to such a request, I strongly encourage moving the conversation to a more private place (e.g. direct messages) as soon as possible, unless the information being shared is relevant to the entire group (i.e. information on meetings, the convention, etc.).

I would ask that people refrain from using this Group to post social messages or non-BDDG material (i.e. Daily Reflections, Prayers, TikTok's, Facebook links, etc.).

Please remember that we are a professional Group and we do not endorse any particular programme of recovery or religious beliefs.

We all have a responsibility to be judicious about what is being posted and ensure that we are not being disrespectful or offensive to anyone else.

If these rules are not followed, and especially if there is any abusive behaviour or language, we will expel you from this Group.

If anyone is in doubt about whether a post is appropriate or not, please feel free to contact myself, any of the other Secretaries, or other senior members of the BDDG and we will be happy to advise.

In fellowship

**Dr Christos Episkopos**  
**Honorary Secretary**  
**BDDG – London Online Meetings**  
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