



Alternatives to Suicide Peer to Peer Support Group

ConnectGroups in collaboration with PICYS is offering an Alternatives to Suicide Peer Support Group.

The Alternatives to Suicide model is a non-clinical peer led Suicide Approach developed in the USA by **Wildflower Alliance**.

A fortnightly support group with trained peer facilitators for those who experience suicidal ideation, depression or are simply having a rough time. This is a safe space to talk without fear of judgement or hospitalisation/police welfare checks.

Its focus is around:

VALIDATION communicates that our thoughts and feelings are welcome and real.

CURIOSITY gives us lots of space to explore what things mean without jumping to assessment or conclusions.

VULNERABILITY creates genuine and mutual relationships where each person matters.

Engaging the broader **COMMUNITY** with those who share similar experiences.

Peer to peer support means coming together as regular people who have “been there” ourselves, and exploring whatever people are struggling with, side-by-side.

Peer support means trusting the inherent wisdom of each person, and avoiding giving advice or interpretations of what we are going through unless asked.

Time: 5.30pm – 7.30pm
(Wednesdays fortnightly meetings.)

Where: PICYS (22 Blencowe Street West Leederville)

The group is facilitated by two Wildflower trained peers and open to all 18+ Friends and family members of PICYS clients between 18-26 years old are welcome to attend.

For further information and to book contact the PICYS team or ConnectGroups, Carolina@connectgroups.org.au - 08 93646909.

