

ALTERNATIVES TO SUICIDE PEER SUPPORT GROUPS

Alternatives to Suicide is a peer-based response to supporting people who have made suicide attempts, or who experience suicidal thoughts.

Our peer-led groups are spaces for people 18+ years old with personal experiences of suicidal thoughts or actions to come together and talk about suicidal experiences and other forms of emotional distress without fear of unwanted interventions.

This is a non-clinical space; there are no prerequisites to participation such as current contact with mental health services. There is no assumption that suicidal thoughts are connected to mental illness. You do not need a referral and you do not need to be experiencing a current crisis to attend.

Find out more about this approach on our website. <https://alt2su-nsw.net/about/>

We have several online groups each week and newcomers are welcome. Please check our website for group times and zoom details.



There is no need to let us know you will be attending a group, but you can get in contact with us first if you prefer.

CONTACT INFO



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