

Do you struggle with depression, anxiety or suicidal thoughts?

You are not alone...



There is a new Support Group beginning in Midland
With trained Facilitators who have experienced the darker side of life...

SUPPORT GROUP

- Free
- Anonymous
- Fortnightly meetings
- Online Support
- All welcome
- No Judgement



Navigating the Darkness: an Alternatives to Suicide Approach

Monday's 6 - 7pm, fortnightly from 11th April 2022

Midland Junction Lotteries House, 39 Helena St Midland

Ring the doorbell and we will let you in



helping support groups & individuals

