



## 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**

**(Tuesdays fortnightly meetings commencing on the 29.3.2022)**

**Where: PICYS (22 Blencowe Street West Leederville)**

The group is facilitated by two Wildflower trained peers and open to all 18+.

For further information and to book contact the PICYS team or ConnectGroups, [Carolina@connectgroups.org.au](mailto:Carolina@connectgroups.org.au) - 08 93646909.