

Do you struggle with
depression, anxiety or suicidal thoughts?

You are not alone...

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

With trained Facilitators
who have experienced the darker side of life...

SUPPORT
GROUP

We are now hybrid,
so if you can't make it in person
join us on Zoom...

[https://zoom.us/j/91942800795?
pwd=eXh5YVl4eEgzaC83dGxjOUlrL2ZtQT09](https://zoom.us/j/91942800795?pwd=eXh5YVl4eEgzaC83dGxjOUlrL2ZtQT09)

Meeting ID: 919 4280 0795

Passcode: 108423

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



ConnectGroups
helping support groups & individuals

