

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/98150755783?
pwd=eWxSNlIEMkVIM1RzYzgwdXpEYWlvZz09](https://zoom.us/j/98150755783?pwd=eWxSNlIEMkVIM1RzYzgwdXpEYWlvZz09)

Meeting ID: 981 5075 5783

Passcode: 914675

Navigating the Darkness: an Alternatives to Suicide Approach

Tuesdays 6:30 - 7:30pm

Fortnightly from 22nd February 2022

@ Women's Health and Family Services, Northbridge

