

FREE Online Suicide Peer Support Groups

Have you experienced suicidal thoughts?

Support is available.

BEING – Mental Health Consumers is offering new, peer-led support groups and we are currently seeking group participants to take part in a six-week online program.

We are looking for people in NSW over the age of 18, who live with mental health issues and have experience of living with suicidal thoughts and/or attempts and who would benefit from additional, non-clinical, peer support.

The Suicide Peer Support Groups will be facilitated by people with their own experiences of mental health issues and suicidal crisis, supported by the team at BEING - Mental Health Consumers.

The groups will provide a culturally safe and trauma informed space where conversations on suicidality can be explored along with the diversity of participants' experiences.

These groups are part of a pilot Suicide Support and Awareness Program, operated by BEING – Mental Health Consumers and funded by the NSW Government as part of the *Towards Zero Suicides* initiative.

New online groups starting soon, running for 6 weeks on*:

Tuesdays, 10-11:30am, starting 24 May

Thursdays, 3-4:30pm, starting 26 May

**Dates and times subject to change*

Register your interest now and secure your place!

Visit being.org.au/suicide-support-awareness-program/
email ssap@being.org.au or phone 1300 234 640