

Alternatives 2 Suicide



Peer Support Groups

- Alternatives to suicide is a non-clinical and confidential space where people can talk about anything including thoughts and feelings related to suicidality.
- Peer facilitators have “been there” and won’t assume illness or assess involuntary interventions, such as Police or Hospitalization.
- These groups are not just for people who are actively suicidal, but for anyone who will benefit from a non-judgmental space to explore their thoughts and emotions with a group.

Wednesdays 5:30pm-7pm

****ZOOM Meeting Id: 849 2163 6588**Passcode: 342261****



Brought to you by: IAPRSS and Integrated Recovery Support Services.

For more info, please contact us at
banderson-willis@mhai.net or call us at 574-612-1833