

Suicide Impacting Me Support Group

Have you been touched by suicide? Only those of us who have experienced such a tragedy can truly appreciate its overwhelming impact on us all. You are not alone, together we can support each other.

DETAILS:

- Join us for a cuppa and a chat, this is a safe space to freely talk with others who have shared a similar experience.
- This support group is nondenominational and is open to all.
- A source for support, connection and information for anyone who has been impacted directly or indirectly by suicide.

This free, confidential group is professionally facilitated by a clinical psychologist and qualified social worker

Date First Tuesday of every month, 6pm -7.30pm

Cost FREE

Venue Due to Covid 19, these sessions are currently being run online until further notice

RSVP Please email esspn@outlook.com.au after which we will contact you

**For help, call
Lifeline
13 11 14**



Jewish Care
You are in good hands

