

Alternatives to Suicide

Navigating the Darkness Together



Free support groups for those thinking about suicide

Alternatives to Suicide (“Alt2Su”) is a free, peer-led support group where people can talk openly about suicide thoughts, attempts, or experiences like self harm. It's a safe, non-clinical space where people ages 18+ can talk about their experiences and emotional distress without judgment or fear of unwanted interventions. We do not assume suicidal thoughts are connected to mental illness, and you do not need to be experiencing a current crisis to attend. You are welcome to join without need for a referral or requirement to be connected with mental health services. Feel free to just show up to a meeting, or call 203-227-7644 or email us at Alt2Su@positivedirections.org.

- **In-person on Tuesdays at 7pm:** Positive Directions, 90 Post Rd West, Westport, Connecticut
- **Virtual Alt2Su-inspired groups:** Wednesdays, Fridays, and Saturdays from 8-9:30pm: RockingRecovery.org/zoom-meetings/
- **More in-person and virtual Alt2Su groups:** toivocenter.org/alternatives-to-suicide
- **Other free supports for those experiencing suicidal ideation:** positivedirections.org/suicide-prevention

