

Positive Directions is grateful to United Way of Coastal and Western Connecticut for funding our in-person support group and providing our regional facilitator training, which led to an online support group at rockingrecovery.org. To learn about CT's emerging "Alt2Su" network, visit toivocenter.org/alternatives-to-suicide/



Alternatives to Suicide

Navigating the Darkness Together



Free Alternatives to Suicide support groups!

Tuesdays at 7pm in Westport

Positive Directions, 90 Post Road West, Westport

Walk in or contact Ally:

Alt2Su@positivedirections.org

Virtual Group, Fridays at 7PM

Sign up or learn more at:

RockingRecovery.org/alternatives-to-suicide-on-zoom

**Find other Alternatives to Suicide support at
toivocenter.org/alternatives-to-suicide**



RockingRecovery.org



Alternatives to Suicide



Navigating the Darkness Together

**Free support group meets live in Westport on Tuesday nights.
Online meetings are also available!**

Alternatives to Suicide 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+ come together to 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 us with no 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 Ally at Alt2Su@positivedirections.org for more info.

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