

Positive Directions is grateful to United Way of Coastal Fairfield County for funding our Westport-based support group! To join an online group or learn about CT's emerging network, visit [toivocenter.org/alternatives-to-suicide/](http://toivocenter.org/alternatives-to-suicide/) and [rockingrecovery.org/alternatives-to-suicide-on-zoom/](http://rockingrecovery.org/alternatives-to-suicide-on-zoom/)



# Alternatives to Suicide

*Navigating the Darkness Together*



***Free support group!***

**Weekly on Tuesdays at 7pm**

**Positive Directions, 90 Post Road West, Westport, CT**

**Walk in or contact Ally: [Alt2Su@positivedirections.org](mailto:Alt2Su@positivedirections.org)**

**Online meetings: see links in header above**



**positivedirections**  
THE CENTER FOR PREVENTION AND COUNSELING



United Way  
of Coastal Fairfield County



# Alternatives to Suicide



*Navigating the Darkness Together*

**Free support group meets in-person in Westport on Tuesday nights.**  
**Online meetings 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](mailto:Alt2Su@positivedirections.org) for more info.

***Free support group!***

**LIVE: Weekly on Tuesdays at 7pm**

**Positive Directions, 90 Post Road West, Westport, CT**

**ONLINE MEETINGS: Visit [rockingrecovery.org/alternatives-to-suicide-on-zoom/](http://rockingrecovery.org/alternatives-to-suicide-on-zoom/) and [toivocenter.org/alternatives-to-suicide](http://toivocenter.org/alternatives-to-suicide)**