

# Peer to Peer Adult Support Group

## Alternatives to Suicide

Meets 2nd & 4th Wednesdays  
6:00 - 7:30pm via Zoom

Free to attend, drop-in space.

Link to join: [bit.ly/alt2suOnline](https://bit.ly/alt2suOnline)

**Alt2Su** is a non-clinical and confidential space where people can talk about anything, including thoughts and feelings related to suicidality. Peer facilitators have also "been there" & don't assume illness or assess for involuntary intervention.

*The phrase, "I feel suicidal" can hold many meanings. Having the space to openly explore the thoughts, feelings, and experiences underneath is often helpful in moving towards something different.*

### ALT2SU VALUES

Consent and choice | Respond to injustice

Healing in communities | Responsibility to - and not for or over

*In collaboration with the Alliance for Suicide Prevention*

FAQ:  
[bit.ly/NoCoAlt2SuFAQ](https://bit.ly/NoCoAlt2SuFAQ)



**THE YARROW  
COLLECTIVE**

PEER SUPPORT, EDUCATION & ADVOCACY

To learn more about  
The Yarrow Collective:  
[bit.ly/YarrowCollective](https://bit.ly/YarrowCollective)